

The Bulletin



*Life enhancing opportunities
for adults and seniors*

**January
February
March
2018**



Join the Senior Centers for outdoor fun.

Elmwood Senior Center

Kathleen Faroni
Director

1106 New Britain Avenue, West Hartford, CT 06110

Hours: M-F 9:00 a.m. - 4:30 p.m.

Telephone: (860) 561-8180 Fax: (860) 561-8187

Email: Kathleen.Faroni@westhartfordCT.gov

www.Facebook.com/ElmwoodSeniorCenter

West Hartford Senior Center

Gina Marino, CPRP
Director

15 Starkel Road, West Hartford, CT 06117

Hours: M-F 9:00 a.m. - 4:30 p.m.

Telephone: (860) 561-7583 Fax: (860) 561-7506

Email: Gina@westhartfordCT.gov

www.Facebook.com/WHSeniorCenter



Photo courtesy of Jamie Kaminski

This photo of active and engaged older adults was taken as part of the West Hartford project entitled “We All Have a Story to Tell: Inspiring Equity Through Community Conversations”. Members of the Elmwood and West Hartford Senior Centers, along with the Directors Kathleen Faroni and Gina Marino, were invited to demonstrate how they work hard to disrupt social injustices and create positive social change. Through storytelling and interviews, these individuals shared the challenges, strengths and rewards of living in a community with “a rich tapestry of diversity”. Their efforts to build community were documented in a Town Hall public exhibit and featured in a companion book. The project’s goal was to “promote civility, respect, understanding, and empowerment.”

Autorino Membership Circles

HOLIDAY GIFT SPECIAL

BUY A MEMBERSHIP BEFORE THE END OF THE YEAR AND
RECEIVE A FREE TICKET TO ANY 2018 PERFORMANCE EVENT
(CALL FOR DISCOUNTED SENIOR PRICING)

**“YOUR PASSPORT
TO THE MOST
ENGAGING LIVE
PERFORMANCES
IN WEST
HARTFORD!”**

FOR MORE INFORMATION
860.231.5528 OR **USJ.EDU/ARTS**

THE **AUTORINO**
CENTER
FOR THE
ARTS
AND HUMANITIES
AT THE UNIVERSITY OF SAINT JOSEPH



UNIVERSITY OF
SAINT JOSEPH
CONNECTICUT



#usjarts

@autorinocenter

WELCOME

Welcome to the BULLETIN – a quarterly publication listing the hundreds of recreational and educational courses, wellness and fitness programs, and entertainment options offered by the Elmwood Senior Center and the West Hartford Senior Center.

The BULLETIN is also a source for information on town-wide social services.

The BULLETIN reflects our joint commitment to offer adults and seniors the opportunity to participate in a wide variety of year-round activities that educate, entertain, empower and encourage well-being and independence.

Now's the time to join, or renew your membership. Here are just a few reasons why:

- Senior Center memberships pay off! You'll receive discounts on all classes, programs and activities. In fact, your membership fee will pay for itself after only a few registrations. And – you'll receive a copy of the BULLETIN mailed directly to you on a quarterly basis.
- Your annual dues support many of the programs and services offered. As a member, you're helping to enrich the lives of others in the community, while having a great time yourself!
- With your membership card in hand, you'll feel a sense of comradery as you walk through our doors, or as you head off on one of our great adventures. Who knows how many new friends you might make!

Drop in any morning for complimentary coffee and pleasant conversations. Newcomers – go on a Directors Tour (page 11 and 42) and find out what we're all about. We look forward to greeting you all!



**Kathleen Faroni - Elmwood Senior Center Director
& Gina Marino - West Hartford Senior Center Director**

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West Hartford Senior Center Activities

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IT'S TIME TO REGISTER FOR 2018

**Membership runs from January 1 to December 31, 2018
and entitles members to discounted fees
for all programs, activities and services at
BOTH Senior Centers.**

**AND - every issue of the BULLETIN will be
mailed to you at your home.**

**The membership fee is \$15 for West Hartford residents
and \$40 for non-residents.**

**Checks should be made out to the "Town of West Hartford"
and mailed to either Senior Center.**

**Or, you can register in person at either office in Elmwood
(ESC) or Bishops Corner (WHSC).**

Newcomers – you'll find the registration form on page 54.

MONDAY	TUESDAY	WEDNESDAY
9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Little Boutique 10:00 Toning & Strength 10:00 Brain Games 10:00 Tapercize 11:00 Tapercize 11:30 Pickleball 12:00 Senior Café 1:00 Set Back Inter. 1:00 Write Away Club 1:30 Mexican Train 2:00 Aquacize at Avery 6:00 Pilates	9:00 Arthritis Exercise 9:00 Billiards 9:30 Little Boutique 10:00 Collage & Painting 10:00 Wii Bowling 10:30 Pickleball 11:00 Silver Sneakers 12:00 Senior Café 12:30 Table Tennis 12:30 Basketball 12:30 Qigong 1:00 Water Walking @ Avery 1:30 Regents 3:00 Regents Bridge	9:00 Billiards 9:00 Total Body Fitness Video 9:00 Toning & Strength 9:30 Barbershoppers 9:30 Blood Pressure 9:30 Little Boutique 10:00 Toning & Strength 10:00 Mah Jongg 10:30 Pickleball 10:45 Stronger Seniors (DVD) 11:00 Table Tennis 11:00 Zumba 12:00 Senior Café 12:45 Poker, Drop in 1:00 Bingo 2:00 Aquacize @ Avery Piano by appointment
THURSDAY	FRIDAY	SATURDAY
9:00 Billiards 9:30 Little Boutique 10:00 Wii Sports 10:30 Pickleball 11:00 Guitar 11:00 Silver Sneakers 12:00 Senior Café 12:30 Chess, Drop in 1:00 Painting-Chinese Watercolor 1:00 Golf 1:00 Set Back II 1:00 Drop in Bridge 1:00 Regents Bridge 1:00 Water Walking @ Avery 6:00 Zumba Lovers	9:00 Toning & Strength 9:00 Total Body Fitness Video 9:00 Billiards 9:30 Tai Chi 10:00 Squires 10:00 Karaoke 10:00 Yoga 10:30 Tai Chi 11:30 Pickleball 12:00 Adult Swimming @ Avery 12:00 Senior Café 12:30 Table Tennis 12:45 Poker, Drop in 1:00 Movies & Munchies 1:00 Dancing to the "Elmwood Jive Five"	<div> <p><i>Don't forget to...</i></p>  <p>LIKE US ON</p> <p>facebook</p> </div>



Winter Class Promotion

January 2 – January 5

Enroll for any class at Elmwood Senior Center and receive a
 FREE "Gadget Guy" multi-use tool OR
 an Elmwood Senior Center ice scraper.
 (Supplies limited.)



~ NEW CLASS POSSIBILITIES ~

Line Dancing

American Sign Language

Please leave your name and contact information in the Elmwood Senior Center office (860-561-8180) if you have an interest in these classes. With sufficient interest, they will be added to our spring cycle of educational opportunities.



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Foot Care by appt.	3	4	5 1:00P Uncle Buck	6
7 12:30P Boar's Head	8	9 8:00A Mohegan	10	11 11:00A Director's Tour	12 1:00P Woodlawn	13
14	15 SENIOR CENTER CLOSED MLK DAY 10:00A Town Hall	16 11:45A Steel Magnolias Trip	17 10:00A Breakfast with Benefits	18 1:00p Medicare Savings Program	19 1:00P A Fish Called Wanda	20
21	22 10:30A Tech Therapy by appt.	23 4:30P Knitting	24 11:30A African Dance	25	26 Foot Care by Appt. 1:00P Fitness Ctr Open Hous 1:00P On Wings of Eagles	27 10:00A UConn Basketball
28	29 9:00A Smart Drive (Register)	30	31 10:00A Httf. Health Care Happenings			

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Taxes by appt. 11:00A Musical Morning	2 1:00P A United Kingdom	3
4	5	6 8:00A Mohegan 9:30A Historic Inspiration Foot Care by appt	7 11:30A Elvis Luncheon 10:00A Director's Tour	8 Taxes by appt. 11:30A Lunch & Learn, Crystals	9 1:00P Somewhere in Time	10
11	12 10:30A Tech Therapy by appt.	13	14	15 Taxes by appt. 10:00A Break/Benefits	16 1:00P Some Like It Hot	17
18	19 SENIOR CENTER CLOSED President's Day	20	21	22 Taxes by appt.	23 Foot Care by appt. 1:00P Wind River	24
25	26 9:00A Smart Drive (Register)	27	28			

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Taxes by appt.	2 11:00A Women & War 1:00P The Last Word	3
4	5 10:00A Brookdale Celebrates Broadway Series	6 8:00A Mohegan 9:30A Historic Inspiration Foot Care by appt.	7	8 Taxes by appt. 11:30A Lunch/Learn, Long Term Care	9 1:00P Dear Frankie	10
11	12 1:00P Director's Tour	13	14	15 9:00A Chorus Line Taxes by appt.	16 10:00A Break/Benefits 1:00P Barefoot in the Park	17
18	19 10:30A Tech Therapy	20 10:30A Pasta & Shamrocks Trip	21	22 Taxes by appt.	23 Foot Care by appt. 1:00P Sarah's Key	24
25	26 9:00A Smart Drive (Register)	27	28	29 Taxes by appt.	30 SENIOR CENTER CLOSED Good Friday No Movie	31

CREATIVITY

Collage & Painting

Learn to make your own unique, mixed media works of art. By collaging together papers you've painted, you will create beautiful pieces that you will enjoy. For all ability levels.

Instructor: Jeff Poole.

393984A	Tue	10:00A-12:00P	1/9-2/20	7 Sessions	\$70M/\$80R/\$85NR
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**Learn to Knit**

Beginners learn the basics of casting on, knitting, purling, increases, decreases, gauge, yarn and needle selection, and pattern reading at the basic level. Students will learn the techniques to make their own special project.

All supplies included. Instructor: Felice Shlizerman.

393994A	Tue	4:30-5:30P	1/16-1/30	3 Sessions	\$39M/\$44R/\$46NR
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**Oil Painting Made Easy**

Introduction to oil painting class: Canvas preparation, color composition & color mixing, using a color wheel, brush choices and brush stroke techniques. Develop confidence and your own painting style. Additional supply cost approximately \$15 payable at beginning of class. Instructor: Edward Rosado.

393988A	Mon	1:30-4:00P	1/29-3/19	8 Sessions	\$85M/\$95R/\$100NR
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Safe Boating/Personal Watercraft

Upon completing this 3-day course, the participant will have satisfied CT DEEP's requirements and be able to subsequently apply for a certificate of Personal Watercraft Operation (the cost to apply is \$50 and not included in class fee). Instructor: CT DEEP.

394983A	MTW	5:30-8:30P	4/23-4/25	3 Sessions	\$20 Total Fee
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DANCE

Tapercize

These classes are designed for adults who love to dance and enjoy great music while getting aerobic Exercise. If you always wanted to learn to tap dance, are experienced tap dancers, or somewhere in the middle, choose the class that will best fit you. No experience is needed. Instructor: Carol Moriarty. No Class: 1/15, 2/19.

Beginner

393922A	Mon	11:00-11:45A	1/8-4/23	14 Sessions	\$87M/\$97R/\$102NR
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Intermediate

393905A	Mon	10:00-10:45A	1/8-4/23	14 Sessions	\$87M/\$97R/\$102NR
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Zumba Gold®

There are no requirements other than enjoying music and wanting to have fun. Zumba Gold® is done at a lower intensity than Zumba, not quite as fast, but is certainly as much fun! Instructor Wendy LeClerc.

393929A	Wed	11:00A-12:00P	1/3-2/7	6 Sessions	\$36M/\$41R/\$43NR
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393929B	Wed	11:00A-12:00P	2/14-3/28	7 Sessions	\$42M/\$46R/\$49NR
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Drop in Fee \$7 per class

Zumba Lovers

Do you love Zumba? Join Carmen Sarmiento, Zumba lover and instructor, to dance the night away. Carmen has an amazing success story about how Zumba has helped her lose weight and feel healthier than ever before.

Instructor: Carmen Sarmiento.

393931A	Thu	6:00-7:00P	1/4-3/29	Ongoing Drop in Fee \$5 per class	
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FITNESS

Pilates

A system of exercises that increases core abdominal strength, promotes flexibility, heightens body awareness, coordination, concentration, controls breathing and promotes great posture. For all fitness levels. Beginners must be able to attend the first session. Bring your own mat.

Instructor: Helene Korchin. No Class: 1/15, 2/19.

393945A	Mon	6:00-7:00P	1/8-3/12	8 Sessions	\$56M/\$66R/\$71NR
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Total Body Fitness Video

This class is designed specifically for those over 60, focuses on all areas of the body, head to toe, to promote flexibility, limberness and attain maximum benefits. Video only. No Class: 1/15, 2/19.

393901A	MWF	9:00-10:00A	1/3-3/28	35 Sessions	\$15 for all
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Toning & Strength

Strength training is the only type of exercise that can slow and even reverse the decline in muscle mass, bone density and strength. Strength training can also delay the onset of osteoporosis, lower blood pressure and even reduce cholesterol levels. Instructor: Wendy LeClerc. No Class: 1/15, 2/19.

(3 Day)

393949A	MWF	9:00-10:00A	1/3-2/12	17 Sessions	\$102M/\$112R/\$117NR
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393949B	MWF	9:00-10:00A	2/14-3/2	17 Sessions	\$102M/\$112R/\$117NR
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(Choose 2)

393916A	MWF	9:00-10:00A	1/3-2/12	12 Sessions	\$72M/\$82R/\$87NR
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393916B	MWF	9:00-10:00A	2/14-3/26	12 Sessions	\$72M/\$82R/\$87NR
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(2 Day)

393941A	MW	10:00-11:00A	1/3-2/12	11 Sessions	\$66M/\$76R/\$81NR
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393941B	MW	10:00-11:00A	2/14-3/26	11 Sessions	\$66M/\$76R/\$81NR
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MARTIAL ARTS

Qigong

Involves the regulation of three (3) mutually dependent basic processes: 1. Regulation of Posture; 2. Regulation of Respiration and 3. Regulation of the Mind. Additionally, the practice of Qigong helps restore vitality, conserve energy. Instructor: Hoa Nguyen.

393955A	Tue	12:30-1:30P	1/2-2/6	6 Sessions	\$30M/\$35R/\$37NR
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393955B	Tue	12:30-1:30P	2/20-3/27	6 Sessions	\$30M/\$35R/\$37NR
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Tai Chi

Enjoy the relaxing, graceful movements of Tai Chi while improving your balance, strength and mobility. This is a wonderful exercise for men and women of all ages and physical abilities. Instructor: Faith Geist.

Beginner

393912A	Fri	10:30-11:30A	1/5-3/9	10 Sessions	\$50M/\$60R/\$65NR
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Intermediate

393913A	Fri	9:30-10:30A	1/5-3/9	10 Sessions	\$50M/\$60R/\$65NR
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Tai Chi Foundations

Learn the basic techniques and methods to achieve a solid foundation of Tai Chi practice. Deepen your understanding of this martial art and learn more about its origins in this informative and interactive foundations class.

Instructor: Hoa Nguyen.

393997A	Thu	12:30-1:30P	1/4-2/22	8 Sessions	\$40M/\$45R/\$47NR
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394997A	Thu	12:30-1:30P	3/15-5/3	8 Sessions	\$40M/\$45R/\$47NR
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MUSIC

**Group Guitar Lessons**

These Beginner group guitar lessons will guide you step by step into learning chords and even some beginner songs. Participants must have their own guitar. Chris Farnham has been teaching Guitar, Bass, and Piano for over 15 years and is a Hartt School of Music Graduate. Instructor: Chris Farnham.

393927A	Thu	11:00A-12:00P	1/11-2/15	6 Sessions	\$85M/\$95R/\$97NR
393927B	Thu	11:00A-12:00P	3/1-4/5	6 Sessions	\$85M/\$95R/\$97NR

Piano with Jane

Experience a student-friendly approach with our long-established teacher and musician. Private lessons are offered every half hour in our music room. Participants must have a full-sized piano upon which to practice. Instructor: Jane Hupfer.

393936A	Wed	9:00-11:30A	1/10-2/14	6 Sessions	\$96M/\$106R/\$111NR
393936B	Wed	By appoint.	2/21-3/28	6 Sessions	\$96M/\$106R/\$111NR

WELLNESS

Arthritis Exercise & Relaxation

Gentle stretching exercises to improve range of motion, joint flexibility, muscle strength, endurance and coordination are led by a physical therapist or certified athletic trainer. Instructor: Brian Elliot.

393902A	Tue	9:00-10:00A	1/9-3/13	10 Sessions	\$50M/\$60R/\$65NR
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Brain Games

Entertaining, interactive group activities such as: word games, riddles and visual puzzles. BRAIN GAMES can increase cognitive awareness and logical reasoning, as well as enhance memory. Instructor: Joel Huntington. No Class: 1/15, 2/19.

393934A	Mon	10:00-11:00A	1/8-3/12	8 Sessions	\$14M/\$16R/\$18NR
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**Silver Sneakers – Balance & Strengthening**

This class was designed to strengthen the muscles that help us balance, strengthen the response from the body when off-balance, and to maximize independence doing everyday tasks where balance is required or challenged. The class includes a warm up, exercises that strengthen the muscles that support balance, positional poses that practice static balance, and movement patterns that practice dynamic balance. Class is free to Silver Sneakers participants but you must register in advance. Instructor: Cindy Guimond

393933A	Tues	11:00A-12:00P	1/9-2/1	6 sessions	\$18M/\$20R/\$22NR
393933B	Thurs	11:00A-12:00P	1/11-2/15	6 sessions	\$18M/\$20R/\$22NR

Yoga Mindfulness Meditation

Enhances flexibility, strength, coordination and poise. Additionally, did you know that yoga improves your quality of sleep. Breathing and meditation techniques help you revitalize and calm your mind and body. Instructor: Janet Conley.

393909A	Fri	10:00-11:00A	1/5-2/9	6 Sessions	\$36M/\$41R/\$43NR
393909B	Fri	10:00-11:00A	2/23-3/23	5 Sessions	\$30M/\$35R/\$40NR

**FREE TECH THERAPY EVERY MONTH**

January 22, February 12, March 19, April 16 - 10:30-11:30 AM

Pramod Pradhan, Community Engagement Liaison from the Faxon Library, will be available to address your technology issues including computer downloads (software, downloadable audiobooks, ebooks), word processing, and basic spreadsheets on your personal devices such as laptop, ipad, or smartphone.

Sign up for a one 15-minute session and have personalized instruction time. This is a FREE service but reservations are required by calling Elmwood Senior Center Office, 860-561-8180.



DOTY AQUATIC CENTER CLASSES

Located at Avery Heights
705 New Britain Avenue, Hartford, CT 06106
860-953-1201, ext. 451

Water classes are held at Avery Heights Doty Aquatic Center.
Register at Elmwood Senior Center.

Aquacise

No swimming skills required. Emphasizes stretching, toning and cardio exercise. This class will improve your energy and fitness levels with no impact on your joints. Instructor: Avery Heights Staff.

393925A MW 2:00-2:45P 12/27-2/19 16 Sessions \$56 Senior Center

393925B MW 2:00-2:45P 2/26-4/18 16 Sessions Members Only

Water Walking/Water Arthritis

No swimming skills required. Gentle on the joints while helping you get in shape. Participants gain increased range of motion in stiff, sore joints while protecting joints from weight-bearing impacts. Instructor: Avery Heights Staff.

393926A T/TH 1:00-1:45P 12/21-2/13 16 Sessions \$56 Senior Center

393926B T/TH 1:00-1:45P 2/20-4/17 16 Sessions Members Only

Adult Swim Lessons

This class will help older adult students get comfortable in the water while learning basic swimming skills and strokes. It's never too late to learn! (Limited space/6 students max/3 minimum). Instructor: Avery Heights Staff.

393930A Fri 12:00-12:45P 1/5-2/23 8 Sessions \$64 Senior Center

393930B Fri 12:00-12:45P 3/9-4/27 8 Sessions Members Only

This program is only for Senior Center Members! Sign up in the Elmwood Senior Center Office.
Health and waiver forms are filled out at Avery Pool the first day of class for new participants taking water classes. Go to the reception desk at Avery Heights to receive a key card to gain entrance to the pool. A \$10 refundable deposit is required.



INDOOR PICKLEBALL

Monday and Fridays 11:30 a.m.-2:00 p.m.

Tuesday, Wednesday, Thursday 10:30 a.m. -12:30 p.m.

For more information, contact Lisa Hanse 860-561-8170 or lisa.hanse@westhartfordct.gov

TABLE TENNIS

Tuesday and Friday 12:30 p.m. to 4:30 p.m.

Wednesday 11:00 a.m. to 3:00 p.m.

RULES HAVE BEEN POSTED IN THE TABLE TENNIS ROOM.

Due to high demand and limited court space, Elmwood Senior Center Indoor Pickleball and Table Tennis are for Elmwood and West Hartford Senior Center Members only and require a signed “waiver of liability” form (available at the office.) Unlimited-use monthly passes will be sold for \$5.00. \$1.00 Daily Pass wristbands may be purchased in Senior Center Office prior to play.

Wii GAMES

Wii Bowlers Tuesdays 10:00-11:30 a.m.

Looking for new members to join in the fun. Wii bowling is easy to learn and fun for everyone. No experience necessary! Competitions with other senior centers can be arranged.

Wii Sports Thursdays 10:00-11:30 a.m.

New Wii sports games are waiting to be played. Try sports such as tennis and golf and many more. As the cool weather limits your outside activity, you are invited to drop in and have fun!

INDOOR GOLF

Indoor Golf, Thursdays, 1 p.m. Indoor tee-mats and hanging nets will be set up and waiting for you and your clubs! Only plastic, indoor balls may be used. BYOC—Bring your own clubs.

DROP-IN BASKETBALL

Drop in Basketball, Wednesdays, 12:30 p.m. Join us Wednesdays for a pickup game of Basketball. No preregistration necessary.

CROSS-COUNTRY SKIING, SNOWSHOEING, WINTER HIKING

Please leave name and phone number in ESC office. Staff will coordinate adventures in the great outdoors.

BREAKFAST WITH BENEFITS

This informative, monthly series is designed to introduce participants to a variety of topics of interest as well as to individuals on the local and state level who are advocates for older adults, their well-being, and their community engagement.

Bagels & cream cheese, juice & coffee are served. Pre-register. \$2(M), \$4(NM) per event.



WEIGHT LOSS & SUSTAINABILITY

Wednesday, January 17, 10-11am

The start of a new year brings resolutions. Meet with the Nutritionist from the Vitamin Shoppe, Shana Brierley, to discuss one of the most common resolutions: Weight Loss. Whether you want to lose weight or not, this session will help you build healthy habits and increase your knowledge of nutrition. We will discuss label reading, how to make the most nutritious choices, and will review options for nutrient-rich meals and snacks. Your journey to a healthier you begins here!

TICK TALK with “VOICES AGAINST LYME DISEASE”

Friday, March 16, 10-11am

Bonnie Waterhouse, Founder & President – Fred Grilli, Prevention Director

Whether CT had a snowy winter or a warm one, you can bet that the ticks have found their way back into our yards and our lives as early as this month. Please join "Voices Against Lyme Disease CT", a nonprofit organization based in Windsor, for this adult education program on tick prevention, awareness and to learn about the possible symptoms that adults and children may experience. This organization offers programs to Windsor and the surrounding CT communities regarding this epidemic now facing New England, the country and the world.



TOUR ELMWOOD SENIOR CENTER

“EXPERIENCE THE ENERGY”

For new members or for those considering joining Elmwood Senior Center, these tours cover all three levels of this facility and provide visitors with a room-by-room description of activities, classes, and services offered. See the gym, fitness center, locker rooms, exercise and educational areas, the Ernest O. St. Jacques Auditorium, “Vicki’s Coffee Corner”, our library-lounge, billiards room, “movie theater”, and more! You will even learn a bit about the history of the building, once an elementary school, and organizations that meet regularly at the facility. You’ll meet friendly members along the way who will share their personal experiences and enthusiasm for “ESC” and, perhaps, even invite you to share a cup of coffee and a sweet treat! Registration requested. Our staff looks forward to meeting you and answering your questions.



**DATES: January 11th, Thursday, 11am; February 7th, Wednesday, 10am;
March 12th, Monday, 1:00pm**

Panel Discussion: Medicare Savings Program Cuts **January 18, 2017 - 1 PM**

Please join Elmwood Senior Center and the Town of West Hartford Social Services Department for a panel discussing upcoming changes to the Medicare Savings Program. Members of the panel include: Town Council Woman Beth Kerrigan, State Senator Beth Bye, and CHOICES Regional Manager Cynthia Del Favero.

LUNCH & LEARN

Lunch and Learn Programs are designed to educate and inform the public on a variety of topics. A light lunch is served from 11:30 a.m. to Noon and the educational program is offered from Noon to 1:00 p.m. with time for questions and answers. PRE-REGISTRATION IS REQUIRED.

COST: \$3 (M), \$5 (NM)



“THE ANCIENT WISDOM OF CRYSTALS”

Presented By

DEBORAH NETTO, CERTIFIED HEALTH COACH

Thursday, February 8, 11:30 a.m. – 1 p.m.

“Get Clear With Crystals” is a program for all who want to learn about the Ancient Wisdom of Crystals - the history and healing power of Crystals that are found on this Earth. Discover the many uses of crystals, including wisdom and guidance, how to find and select them, and how to clear and clean them. Feel free to bring a sample of your own and share experiences as well. Deborah Netto is a popular lecturer with area senior centers as well as adult education programs.

Co-Sponsor:



“PLANNING FOR LONG-TERM CARE EXPENSES”

Presented By

DAMON A.R. KIRSCHBAUM, MANAGING ATTORNEY
KIRSCHBAUM LAW GROUP, LLC

Thursday, March 8, 11:30 a.m. – 1 p.m.



Most people over the age of 65 will need some type of long-term care. Depending upon the level of care required, long-term care costs in Connecticut average more than \$45,000.00 to \$150,000.00 per year. Attorney Damon Kirschbaum will talk about what can be done to plan for these potentially catastrophic circumstances.

Co-Sponsor:



Kirschbaum Law Group, LLC

“HARTFORD HEALTHCARE HAPPENINGS”

Program Sponsored by Hartford HealthCare Center for Healthy Aging
~ **Navigating the "What If" in your Golden Years** ~

Wednesday, January 31, 10-11 a.m.

FREE – REGISTRATION REQUESTED

Join Marc Levesque, M.S. Senior Resource Case Manager, as he discusses frequently asked questions related to approaching our Golden Years: What are the varying levels of care available, what types of housing, funding sources, and resources are at my disposal in the community? Marc will also discuss the differences between being proactive vs. reactive. Light refreshments. Please call Elmwood Senior Center: 860-561-8180.

Co-Sponsor:



“HISTORIC INSPIRATION, WISDOM FROM PRESIDENTS OF THE PAST”

Tuesdays February 6 and March 6

Ric Hanse, Instructor

9:30-10:30 a.m. Cost per session: \$3M/\$5NM

Discover words of wisdom from some of the past leaders of our nation and their wives. These words can help shape our lives and give us insight to live by in every situation we face. Lessons from George & Martha Washington,

John & Abigail Adams, Teddy & Edith Roosevelt, FDR & Eleanor Roosevelt, Harry & Bess Truman, JFK & Jacqueline Kennedy. Short Media clips will be included in both sessions. Coffee & Danish will be served.

21st Annual Celebration of the Life of Dr. Martin Luther King, Jr.

Monday, January 15, Town Hall Auditorium

10 a.m. – 11:30 a.m.

Refreshments Provided by Elmwood Senior Center Volunteers

Join members of the community for an inspirational celebration that pays tribute to Dr. King's ideals and vision. The event features jazz music and choirs from the West Hartford Public Schools, a keynote speaker, student speakers, a celebrity emcee, and opening greeting from the Mayor. **ALL ARE WELCOME!** This **FREE** event is sponsored by the Town of West Hartford, West Hartford Public Schools, The West Hartford African American Social and Cultural Organization and the West Hartford Human rights Commission. (Free Parking at Town Hall.)



AFRICAN DANCE & CULTURES WITH RITA

Wednesday, January 24, 11:30 a.m.-1:00 p.m.

COST: \$10 (M) \$12 (NM)

Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa without even being on a plane! You don't need a passport to go on this journey with Rita and her audience! Rita involves the audience by inviting you to participate in modeling and dancing. It's a great time for everyone!

MENU: The "Braai broodjie," the South African grilled cheese sandwich (cheddar cheese, tomato, red onion and chutney), plantain chips with a tropical fruit salad on the side. There will be original grilled cheese sandwiches on hand for those "less adventurous."



Lunch 11:30 a.m. Program will begin at 12:00 p.m.

Pre-registration is required at Elmwood Senior Center 860-561-8180 by Monday, January 22.



Co-Sponsor:

for Health & Rehabilitation

ELVIS SINGS SONGS OF LOVE

Wednesday, February 7, 11:30-1:00PM

COST: \$15 (M); \$20 (NM)

Includes Tasty Olive Garden Luncheon!

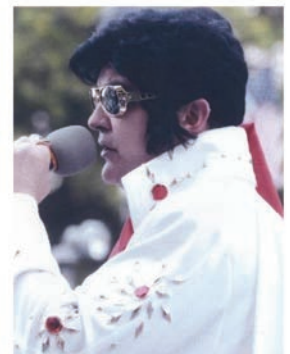
Celebrate St. Valentine's Day with the love songs of Elvis, performed by David Devonshuk of "Elvis Remembered." David is an accomplished musician and performer who is reknown for his impersonations of Elvis Presley. David's melodic voice is able to capture the full and rich quality of Elvis' in a way that leaves you wondering if David, or ELVIS, is singing. Show is complete with actual concert recordings and costumes. Our afternoon will begin with a delicious "OLIVE GARDEN" LUNCH.

MENU: Salad, breadsticks, and lasagna.

Coffee, tea and a sweet Valentine treat for dessert.

Lunch: Noon to 12:30 p.m.

Entertainment: 12:30 p.m. – 1:30 p.m.



Pre-registration is required at Elmwood Senior Center, 860-561-8180, by Monday, Feb. 5th

Sponsor:

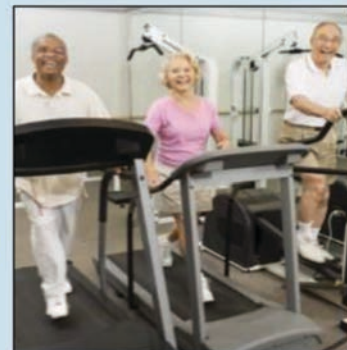


*Elmwood Senior Center***FITNESS CENTER OPEN HOUSE**

Sign Up for a
NEW Fitness
Membership and
get your First
Month FREE!

**Friday, January 26, 2018
1:00 PM- 4:00 PM**

**PICK UP A CERTIFICATE FOR A
FUTURE FREE CLASS OF
YOUR CHOICE!**



Giveaways! Prizes! Healthy Refreshments!

Make “Step Up to Health” in 2018 YOUR New Year’s Resolution!

For More Information, please call: (860) 561-8180

**“BROOKDALE CELEBRATES BROADWAY”**

Monday, February 5th, 10:30a.m. - 2p.m.

Hosted By

**BROOKDALE SENIOR LIVING
22 Simsbury Road ~ West Hartford**

You don’t have to travel to The Big Apple to experience the “Best of Broadway”! Hop on board the Elmwood Express and be treated to a fun day complete with movie, luncheon, and live entertainment. Depart Elmwood Senior Center at 10am and be welcomed by Brookdale staff at 10:30 when you will view the ever-popular movie “Lullaby of Broadway”, the 1951 movie starring Doris Day. You will then be treated to a hot luncheon and entertainment by vocalist Sheri Ziccardi, well-known for her energetic performance of popular Broadway tunes. You might just find yourself singing along as you reminisce and take a trip down memory lane. For added fun, dress as if YOU were a star on the “Great White Way”!

COST: \$10M; \$15NM

Payment and Registration Required by February 2nd – ESC Office

CO-SPONSOR:

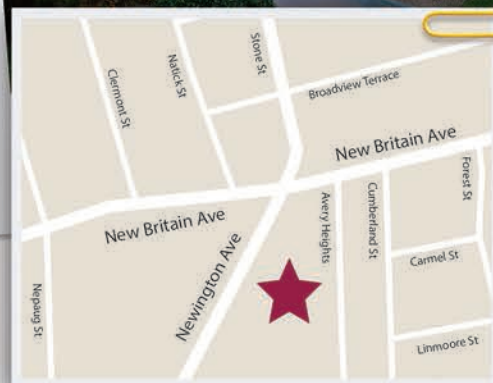
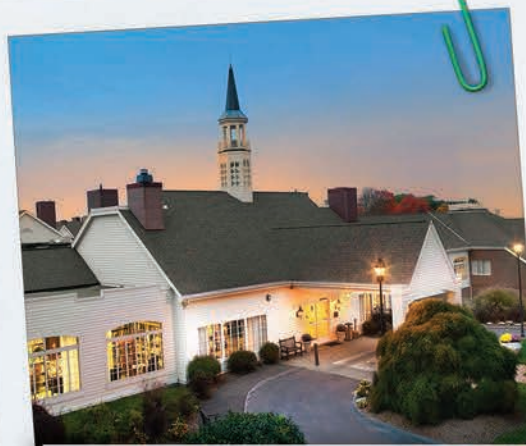


The only thing you'll find *missing* from our **full continuum** of senior living services?

An entrance fee.

At Avery Heights, our rental model gives you the best of everything—for less!

- ✓ Residential living with apartment & free-standing cottage home options
- ✓ Assisted living tailored to your individual needs
- ✓ Memory Care in the state-of-the-art Burnham Family Residence
- ✓ Skilled Nursing with trained CNAs & LN supervision
- ✓ Short-term Rehabilitation (physical, occupational, speech and respiratory therapies)
- ✓ Wellness Center with indoor pool & fully-equipped fitness center staffed by an Exercise Physiologist
- ✓ Full calendar of activities both on & off campus
- ✓ Daily chef-prepared dining
- ✓ Available transportation
- ✓ Conveniently located safe & secure campus
- ✓ Pet friendly



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save up to
\$10,000!

**Includes downsizing
and moving costs and 2
months free rent**

Call for eligibility and details

Discover what an extraordinary value Avery Heights truly is! To schedule a personal, no-obligation tour, call Cyndee Goodwin at **860-724-2454** or visit **averyheights.org**

Open House Tours: Luncheon & Presentation
Starts promptly at 11:00 a.m. Call 860-724-2454 to RSVP
Saturday, Jan. 6 • Wednesday, Jan. 24 • Saturday, Feb. 10

550 Avery Heights • Hartford, CT 06106



~ MUSICAL MORNINGS~

Featuring Eric Galm

Associate Professor of Music & Ethnomusicology; Chair, TRINITY COLLEGE, Dept of Music

**THURSDAY, FEBRUARY 1ST, 11AM TO NOON**

Eric Galm specializes in Brazilian percussion and will present a workshop where attendees will be engaged in call-and-response singing as he demonstrates various percussion instruments. This interactive program, with fun audience participation, is adaptable for people of varying abilities. Eric directs the Trinity Samba Ensemble, a Brazilian drumming and singing group comprised of students from many academic disciplines. This is a unique opportunity to engage with the coordinator for the music track of the Trinity in Trinidad Global Learning Site.

FREE – REGISTRATION REQUIRED – LIGHT REFRESHMENTS

These concerts are made possible by a collaboration from the Film Fund, Music Performance Trust Fund, and National Council on Aging.

Please register if you wish to attend: (860) 561-8180 so that we may provide refreshments.

**Let's Celebrate Women's History Month****"CONNECTICUT WOMEN & WAR"**

presented by

Connecticut Women's Hall Of Fame

Friday, March 2, 11:00 a.m.-1:30 p.m.

This new program will highlight women's involvement in military conflicts from the beginning of time, some as warriors, some as spies, and others who made the munitions or simply called for peace. Learn about a teenager who helped save Danbury during the Revolutionary War, how

Harriet Beecher Stowe sowed the seeds of conflict leading to the Civil War, and how Margaret Bourke-White's photography brought civilians face to face with the war front for the first time.

MENU: Tea, Scones, Breads, Jam

Tea Sandwiches (Chicken Salad, Tuna, Cucumber)

Assorted Desserts

11:00 a.m. Program | 12:00 p.m. Tea House Style Luncheon

Pre-Registration Required at Elmwood Senior Center 860-561-8180

Cost: \$15M; \$20 NM**SAVE THE DATE:**

Thursday, May 3, 11:00 a.m.

Kentucky Derby Party:

Make a hat, luncheon & derby.





“TED TALKS” RETURN!

facilitated by
Martha O’Neal, Researcher, Writer
 Noon to 1:00 p.m.



Back by popular demand, Elmwood Senior Center will offer monthly **“TED TALK”** presentations on a variety of topics. After the films, which are 10-20 minutes in length, there will be a facilitated discussion and idea exchange amongst attendees. Martha O’Neal will have prepared talking points from her research to begin the conversation. There is **NO CHARGE** to attend but **REGISTRATION IS REQUESTED**.

Snacks/bag lunches encouraged.

January 16—Every Kid Needs a Champion (grandparents should like this) RITA PIERSON

February 20—The Power of Vulnerability, BRENE BROWN

March 20—Life’s Third Act, JANE FONDA

April 17—Why We Do What We Do, TONY ROBBINS

The students of Mrs. Finnegan’s 4th grade class at Bugbee School, with the assistance of Room Parent, Chris Meding, made and donated 2 dozen Thanksgiving table decorations. The mason jar creations, with turkey tail feathers made from colorful leaves, can be used as either candle holders or vases to brighten holiday tables. **THANK YOU STUDENTS, TEACHER AND ROOM PARENT!!**

SAVE THE DATE!!

FIFTEENTH ANNUAL HEALTH FAIR

Elmwood Senior Center

Thursday, April 19

9:30 a.m. to 12:30 p.m.



FREE screenings include: blood pressure, cholesterol, diabetes, hearing, urinalysis, vision.

FREE chair massages, manicures and delicious food. Visit our specialty Boutique located on the second floor. Numerous vendor booths. **FREE healthy breakfast foods.**

NO PREREGISTRATION NEEDED.

Cheer & Care



The Elmwood Senior Center will send Sympathy, Thinking of You and Get Well cards to our members. If you know of anyone who lost a loved one or who is facing a health or life challenge, please call 860-561-8180 with the person's name and address. A card with a personal message can brighten a day and uplift spirits. Thank you for caring.

WITH SYMPATHY

**The Elmwood Senior Center extends deepest sympathy to:
The Family of Angelo Louro—Member and Friend**

WELCOME TO OUR NEW MEMBERS

Renata Lis, Tony Liu, and Edward Rosado, Sr.

ELMWOOD SENIOR CENTER "WISH LIST"

Coffee, tea, bird seed and suet cakes, donations to the Little Boutique, Lion's Club used eyeglass collection, small bookcase, small end table about 14" in diameter, and canned, dried goods, paper products and personal care items for "Town That Cares," Food Pantry. Special events, office and lunch room volunteers needed.

The Little Boutique

Elmwood Senior Center
2nd Floor

Hours: Monday-Thursday, 9:30 a.m.-3:30 p.m.

Closed Fridays. Monthly shelf rentals: \$10.

Shelf items change from day to day with new items, value-priced, continually coming in and available for purchase. Boutique sells hand-crafted items as well as gently used jewelry, glassware, decorations, accessories and more!

"Vicki's" Coffee Corner



Named for Vicki Heller, 101-year old member and long-time volunteer who moved to Florida. She's missed, but forever remembered.

**Room 29/211, 2nd floor
Monday-Friday, 9:00-11:30 a.m.**

Ruth Herr, Coordinator, Assisted by Volunteer Servers

**Thank you to our Co-Sponsors and volunteers
who pick up breads and sweets throughout the
week.**

Elmwood Pastry



*"Being Sweet To You
Is Our Business"*



**“Movies and Munchies,” Fridays, 1-3 P.M. FREE!
Complimentary Popcorn and Beverage, Rm. 212
Movie Schedule for January, February & March 2018**

January 5—Uncle Buck, 1989, PG, 1 Hour, 40 Minutes.

Comedy acting legend John Candy turns in a signature performance in this effort from director John Hughes as a notoriously irresponsible uncle left to care for his brother's kids during a family crisis.

Cast: John Candy, Macaulay Culkin, Jean Louisa Kelly.

January 12—Woodlawn, 2015, PG, 2 Hours, 3 Minutes.

Set in the 1970's, this inspirational drama centers on high school football player Tony Nathan, who—despite being African-American—becomes a hometown hero in the racially divided city of Birmingham, Ala. **Cast:** Sean Astin, Nic Bishop, Sherri Shepherd.

January 19—A Fish Called Wanda, 1988, R, 1 Hour, 49 Minutes.

British gangster George Thomason and his hapless aide draft a pair of arrogant Americans, grifter Wanda and weapons expert Otto for a massive diamond heist. **Cast:** Tom Georgeson, Jamie Lee Curtis, Kevin Kline.

January 26—On Wings Of Eagles, 2017, PG-13, 1 Hour, 38 Minutes.

In this biographical drama, we follow Scotland's most famous athlete, and first gold medal Olympian to be born in China, Eric Liddell, on his return to China and through the community outreach that would be the focus for the rest of his life there. **Cast:** Michael Parker, Joseph Fiennes, Bruce Locke.

February 2—A United Kingdom, 2017, PG-13, 1 Hour, 51 Minutes.

Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love of jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis. **Cast:** David Oyelowo, Rosamund Pike, Jack Davenport.

February 9—Somewhere In Time, 1980, PG, 1 Hour, 44 Minutes.

In this unabashedly romantic film, a playwright obsessed with a picture of an early 1900's actress wills himself back in time to find the woman, and the two begin a love affair. But what does living in the past mean for the future? **Cast:** Christopher Reeve, Jane Seymour, Christopher Plummer.

February 16—Some Like It Hot, 1959, NR, 2 Hours, 2 Minutes.

When musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how—dressed as women. But things heat up on the road when they meet a curvy blonde who plays the ukulele. **Cast:** Marilyn Monroe, Tony Curtis, Jack Lemmon.

February 23—Wind River, 2017, R, 1 Hour, 51 Minutes.

When U.S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. Unprepared for the hard conditions, she enlists Cory as a tracker. **Cast:** Jeremy Renner, Elizabeth Olsen, Jon Bernthal.

March 2—The Last Word, 2017, R, 1 Hour, 48 Minutes.

Not about to cede control of any facet of her life—or death—retired businesswoman Harriet Lawler hires a young writer to pen an obituary worthy of her. When the results fall short of Harriet's expectations, she sets out to reshape her legacy. **Cast:** Shirley MacLaine, Amanda Seyfried, Anne Heche.

March 9—Dear Frankie, 2004, PG-13, 1 Hour, 45 Minutes.

Frankie does not know his father because his mother, Lizzie, ran away from the abusive lout when Frankie was just a baby. Instead of telling the truth to her deaf son, she concocts an elaborate lie, telling him that his father is a merchant seaman on the MS Accra. **Cast:** Gerard Butler, Jack McElhone, Emily Mortimer.

March 16—Barefoot In The Park, 1967, G, 1 Hour, 45 Minutes.

Neil Simon's delightful screenplay chronicles the trials of a pair of newlyweds—stuffed-shirt Paul and avant-garde Corie, attempting to adapt to each other and life in a small Greenwich Village walk-up. **Cast:** Robert Redford, Jane Fonda, Charles Boyer.

March 23—Sarah's Key, 2010, PG-13, 1 Hour, 51 Minutes.

Paris 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. 67 years later, her story intertwines with that of an American journalist investigating the roundup. **Cast:** Kristen Scott Thomas, Niels Arestrup.

March 30—No Movie.

Offering both day and overnight trips, the Town's two senior centers have planned excursions to a variety of destinations. Travel aboard either the 24-passenger 'ELMWOOD EXPRESS', equipped with a handicapped left, or on a charter bus. Registration/payment may be made at either senior center. Refunds are given ONLY if seat can be filled from a wait list. Trip leaders supervise all travel.

DATE	TRIP	DEPART	RETURN
January 7, Sunday	Boar's Head/Yule Log, ESC	12:30 pm	4:00 pm
January 9, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
January 16, Tuesday	Steel Magnolias, Playhouse on Park, ESC.....	11:45 am	5:00 pm
January 27, Saturday	UCONN Women vs. Tulane, ESC	10:00 am	3:00 pm
February 6, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
March 6, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
March 15, Thursday	Chorus Line, Westchester, NY, ESC	9:00 am	6:00 pm
March 20, Tuesday	Pasta & Shamrocks, Grand Oak, ESC	10:30 am	4:30 pm
April 3, Tuesday	Mohegan Sun Casino, ESC.....	8:00 am	5:00 pm
April 4, Wednesday	Boston Pops, Bushnell, ESC	6:30 pm	0:00 pm
April 5, Thursday	Chester Shopping, ESC.....	9:30 am	3:15 pm
April 24, Tuesday	The Revisionist, Playhouse on Park, ESC.	11:45 am	5:00 pm
April 26, Thursday	Libraries of Manhattan, WHSC.	7:15 am	7:30 pm
May 5, Saturday	Romeo Et Juliette/Met Opera, WHSC.....	9:00 am	9:00 pm

Boar's Head/Yule Log Sunday, January 1

Processional celebration of the Christmas story and arrival of the 3 kings. Live music, dance and drama. Live Animals. Asylum Hill Congregational Church, Hartford. No Lunch.

Depart: 12:30 p.m.

Estimated Return: 4:00 p.m.

Cost: \$35/\$37/\$38

Trip Leader: Gilda Iaia

DEPARTS FROM ELMWOOD SENIOR CENTER

Mohegan Sun Casino Tuesday, January 9

Included in the fee is one free bet voucher that can be used for a free bet or a meal at the buffet or any restaurant of your choice. All attendees must have the physical and cognitive ability to safely navigate long and crowded walking distances in order to meet strict departure times.

Depart: 8:00 a.m.

Estimated Return: 5:00 p.m.

Cost: \$25M; \$35NM

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Steel Magnolias, Playhouse on Park

Tuesday, January 16

This hilarious and heartwarming play explores the lives, loves and losses of close friends, who harangue each other through the best times and repair one another through the worst. Lunch on your own at Sally and Bob's eatery. Menu choices: soup, salad, club sandwiches, omelettes, pancakes, burgers, etc.

Depart: 11:45 a.m.

Estimated Return: 5:00 p.m.

Cost: \$24M; \$34NM

Trip Leader: Nancy Kunak

DEPARTS FROM ELMWOOD SENIOR CENTER

UCONN Women vs. Tulane

Saturday, January 27

UCONN women's basketball game at Gampel Pavilion at 12 Noon. UCONN women are the number 1 team in the country. Before game, lunch on your own, at the Food Court across the street from Gampel. Section 218. Rows Q,R. Medium amount of stairs to reach our sections.

Depart: 10:00 a.m.

Estimated Return: 3:00 p.m.

Cost: \$42M; \$52NM

Trip Leader: Gilda Iaia

DEPARTS FROM ELMWOOD SENIOR CENTER

Mohegan Sun Casino Tuesday, February 6

See writeup under January 9.

Depart: 8:00 a.m.

Estimated Return: 5:00 p.m.

Cost: \$25M; \$35NM

Trip Leader: Kathy Wilcox

DEPARTS FROM ELMWOOD SENIOR CENTER

Mohegan Sun Casino**Tuesday, March 6**

See writeup under January 9

Depart: 8:00 a.m.*Trip Leader: Kathy Wilcox***Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***DEPARTS FROM ELMWOOD SENIOR CENTER***Chorus Line, Westchester****Thursday, March 15**

True-to-life depiction of performers and their struggles to achieve greatness on the Broadway stage. Lunch included: entrée of your choice. Also salad, potatoes or pasta, vegetables, fresh rolls, dessert and coffee or tea.

Depart: 9:00 a.m.*Trip Leader: Kathy Wilcox***Estimated Return: 6:00 p.m.****Cost: \$128M; \$138NM***DEPARTS FROM ELMWOOD SENIOR CENTER***Pasta & Shamrocks, Grand Oak Villa****Tuesday, March 20**

Italian singing favorite, Aaron Caruso, and great Irish music and comedy of Jimmy Walsh, Family style: corned beef & cabbage, chicken parmesan, pasta with house sauce, roasted potatoes, vegetable, zeppole for dessert and beverages. Complimentary carafes of red and white wines. Cheese, crackers and pepperoni on arrival.

Depart: 10:30 a.m.*Trip Leader: Gilda Iaia***Estimated Return: 4:30 p.m.****Cost: \$87M; \$97NM***DEPARTS FROM ELMWOOD SENIOR CENTER***Mohegan Sun Casino****Tuesday, April 3**

See writeup under January 9

Depart: 8:00 a.m.*Trip Leader: Kathy Wilcox***Estimated Return: 5:00 p.m.****Cost: \$25M; \$35NM***DEPARTS FROM ELMWOOD SENIOR CENTER***Boston Pops, Bushnell****Wednesday, April 4**

We have orchestra seats at the Bushnell where Keith Lockhart will conduct the Boston Pops in a rare Hartford performance. Experience the grandeur and romance of Bernstein, Copland and Rogers, swing with Ellington and Gershwin, and soar with the film music of John Williams.

Depart: 6:30 p.m.*Trip Leader: Kathy Wilcox***Estimated Return: 10:00 p.m.****Cost: \$97M; \$107NM***DEPARTS FROM ELMWOOD SENIOR CENTER***Chester Shopping****Thursday, April 5**

Unique shopping at R.J. Vickers Herbery where you will find an extensive selection of antiques, herbs, bath and body gifts, handmade wreaths and more. We will stop at the CT River Artisans Coop for unique artwork, jewelry and more. We will also visit Chester Historical Society and Museum, located at an historic 1860's mill site overlooking a waterfall near the center of town. Lunch on your own at the Pataconk 1850.

Depart: 9:30 a.m.*Trip Leader: Nancy Kunak***Estimated Return: 3:15 p.m.****Cost: \$33M; \$43NM***DEPARTS FROM ELMWOOD SENIOR CENTER***The Revisionist, Playhouse on Park****Tuesday, April 24**

Don't miss the off-Broadway hit play. In this comedic drama, a young writer journeys to Poland to stay with his 75-year old cousin, Maria, a widowed Holocaust survivor. While David is searching for a quiet space, Maria is thrilled for the chance to connect. David learns a profound secret about Maria's past and challenges their relationship and teaches them both about the meaning of being a family. Lunch on your own at Fernwood Restaurant.

Depart: 11:45 a.m.*Trip Leader: TBA***Estimated Return: 5:00 p.m.****Cost: \$24M; \$34NM***DEPARTS FROM ELMWOOD SENIOR CENTER*

Libraries of Manhattan**Thursday, April 26**

Guided tour of the history and architecture of New York Public Library and newly refurbished Morgan Library. This tour requires a moderate level of walking. Lunch on your own at the Grand Central Terminal Food Court.

Depart: 7:15 a.m.**Estimated Return: 7:30 p.m.****Cost: \$87M; \$97NM***Trip Leader: Deborah Kennedy***DEPARTS FROM WEST HARTFORD SENIOR CENTER****Romeo Et Juliette/Met Opera****Saturday, May 5**

Bartlett Sher's production of Gounod's adaption of Shakespeare's tragedy was a hit last season. Now the sweeping tragedy returns with Allyn Perez and Bryan Hymel—star crossed young lovers. Placido Domingo conducts. Running time 3 hours. Dinner on your own after the opera. Leaves NYC 6:15P.

Depart: 9:00 a.m.**Estimated Return: 9:00 p.m. Cost: \$185M; \$195NM***Trip Leader: Deborah Kennedy***DEPARTS FROM WEST HARTFORD SENIOR CENTER****FUTURE TRIPS****Wednesday, May 16—Goodspeed, Will Rogers Follies, ESC****Tuesday, June 2—Love Never Dies, Bushnell, ESC****Thursday, June 7—New Haven History Tour, ESC****Sunday, June 10, Fenway Park, WHSC****Tuesday, June 12—Lobster Cruise, ESC****Sunday, June 24—Tanglewood, WHSC****Wednesday, June 27—Mamma Mia, Theater by the Sea, RI, ESC****Thursday, June 28—Newport Playhouse, WHSC**

Exploring Greece and Its Islands

May 17 - 31, 2018

HIGHLIGHTS... Athens, Taverna Dinner Show, Choice on Tour, Metéora, Delphi, Olympia, Greek Farm Visit, Cooking Class, Greek Dance Class, Mycenae, Mykonos, Santorini, Ancient Akrotiri.

Our package includes: Group Transportation from a Central Location to and from Logan Intl Airport, Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers and 22 meals. Cost per Person: Double \$5,199; Single \$6,149; Triple \$5,149.

West Hartford Senior Center

Trip Leader: Deborah Kennedy / Call for information 860 561-7583.

Canadian Rockies by Train

October 15 – 23, 2018

HIGHLIGHTS... British Columbia, Vancouver, VIA Rail, Jasper, Columbia Icefield, Choice on Tour, Lake Louise, Banff, Calgary.


Our package includes: Round Trip Air from Bradley Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers and Group Transportation to/from Airport, and 13 meals. Cost per person: Double \$5,149; Single \$5,949; Triple \$5,099.

West Hartford Senior Center

Trip Leader: Ned Skinnon / Call for information 860 561-7583.



MONDAY	TUESDAY	WEDNESDAY
8:45 Energy Hour 9:00 Choices Counseling 9:30 Bridge Drop-In 9:30 Mah Jongg 10:00 Yoga 10:00 Roll Call 10:30 Tai Chi Inter/Adv 11:30 Tai Chi Beginner 12:30 Set Back 12:30 Mah Jongg 12:45 Chicago Bridge 1:00 Scrabble 1:00 Silver Sneakers 3:00 Chair Yoga 4:00 Yoga 6:15 Zumba Drop-In	9:30 Duplicate Bridge 10:00 Peer Play 10:00 Weight Watchers 11:15 Ageless Grace 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Latin Flow 1:00 Marvin's Art 1:00 Big Time-Parkinson's Exercise 1:00 Mah Jongg 1:00 Canasta 1:00 Dominos/Scrabble/Pinochle	8:45 Energy Hour 10:00 Line Dancing 12:15 Mah Jongg 1:00 Scrabble/Shanghai 1:00 Lively Minds 2:15 Chair Yoga 3:15 Meditation 7:00 Zumba Drop-in

THURSDAY	FRIDAY	SATURDAY
8:30 Tai Chi Int/ Adv 9:00 Wii Bowling 9:30 Tai Chi Beginner 9:30 Hebrew 9:30 Weight Watchers 11:00 Yiddish 11:15 Spanish Conversational 11:15 Ballroom Dance Beginner 12:00 Ballroom Dance Advanced 12:30 Mah Jongg 12:45 Strength & Fitness 1:30 Strength & Fitness 2:15 Strength & Fitness 1:00 Movie 1:00 Dance/ Pinochle 1:00 Big Time-Parkinson's Exercise 5:00 Yoga 5:45 Weight Watchers 6:15 Zumba Drop-In	8:45 Energy Hour 9:00 Social Knitting 10:00 French Conversational 10:00 Line Dance Sampler 12:15 Mah Jongg 12:30 Setback 12:30 Sharpen Your Mind 1:00 Bingo 2:00 Opera Fitness Center Monday-Thursday 8:00-6:30 Friday 8:00-4:30 Saturday 8:00-12:00	8:30 Weight Watchers 8:30 Zumba Drop-In 10:00 Yoga 11:15 Silver Sneakers <div data-bbox="975 1077 1370 1426" data-label="Complex-Block"> <p><i>Don't forget to...</i></p> <p> LIKE US ON</p> <p>facebook</p> </div>



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JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SENIOR CENTER CLOSED 1	2	3	4 9:00A Blood Pressure 1:00P Paris Can Wait	5	6
7	8 9:00A Choices	9	10 11:00A Director's Tour 1:30P Medicare Savings Program	11 1:00P The Glass Castle	12	13
14	15 SENIOR CENTER CLOSED	16 9:00A Bagel Breakfast - Adult Family Living 9:00A Choices	17 9:30A Hearing Screening 1:00P Sports Talk	18 9:00A Blood Pressure 1:00P Maudie	19	20
21	22 9:00A Choices 1:00P Health & Wellness Bemer Therapy	23 10:00A Book Discussion	24 1:00P Lunch & Learn Managing Back & Neck Pain	25 1:00P Akeelah and the Bee	26	27 8:30A-11:30 Fitness Center Open House
28	29 9:00A Choices 1:00 P Mark Twain	30	31 9:00A Smart Drive			

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00P Wind River	2	3
4	5 9:00A Taxes by appt	6 9:00A Bagel Breakfast Organize your Assets	7 1:30P Hula Hoop Health & Wellness Workshop	8 1:00P Megan Leavey	9	10
11	12 9:00A Taxes by appt 7:00A BCNA Meeting	13 9:00A Choices 1:00P Carnival 2018	14 11:00A Director's Tour	15 1:00P Victoria and Abdul	16	17
18	19 SENIOR CENTER CLOSED	20 9:00A Choices	21	22 9:00A Blood Pressure 1:00P The Mountain Between Us	23	24
25	26 9:00A Taxes by appt	27 10:00A Book Discussion	28 9:00A Smart Drive 1:00P Juke Box Bingo			

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00P Dunkirk	2	3
4	5 9:00A Taxes by appt	6	7 3:00P Zentangle Intro	8 9:00A Blood Pressure 1:00P The Battle of the Sexes	9	10
11	12 9:00A Taxes by appt	13 9:00A Bagel Breakfast Naked Baking Ladies	14 11:00A Director's Tour 1:00P Lunch & Learn Nutrition-Fact or Fiction	15 1:00P Marshall	16 1:00P St. Patrick's Day Celebration No Bingo	17
18	19 9:00A Taxes by appt	20	21 9:30A Hearing Screening 3:00P Zentangle Advanced	22 9:00A Blood Pressure 3:00P Health & Wellness-Hypnosis 1:00P Goodbye Christopher Robin	23	24
25	26 9:00A Taxes by appt 1:00P Sports Talk	27 10:00A Book Discussion	28 9:00A Smart Drive 1:00P Paint Party	29 1:00P Stronger	30 SENIOR CENTER CLOSED	31

ART CLASSES

Art, Marvins

Individualized and constructive teaching of different forms of art, including line drawing, pastels, acrylic and watercolor. Must bring your own supplies. Instructor: Marvin Bachner No Class: 2/13, 2/20, 2/28.

553902A	Tues	1:00-3:00P	1/23-3/20	6 sessions	\$24M/ \$30R/ \$32NR
554902A	Tues	1:00-3:00P	3/27-5/15	8 sessions	\$32M/ \$37R/ \$42NR

DANCE CLASSES

Ballroom Dance, Beginner

This instructional course will teach the basics of dances including Foxtrot, Rumba and American style Tango. Stay after class to practice what you've learned at our Senior Dance featuring the Hi-Tones. Instructor: Wendy Nielsen

553916A	Thur	11:15-12:00P	2/1-3/8	6 sessions	\$25M/ \$30R/ \$35NR
553916B	Thur	11:15-12:00P	3/15-4/19	6 sessions	\$25M/ \$30R/ \$35NR

Ballroom Dance, Advanced

Enhance your skills with dances including Foxtrot, Rumba and American Style Tango. Members are strongly encouraged to remain for the full combined class and share their experience with the beginning students. Instructor recommendation necessary to attend this class. Instructor: Wendy Nielsen. No Class:

553917A	Thur	12:00-12:45P	2/1-3/8	6 sessions	\$25M/ \$30R/ \$35NR
553917B	Thur	12:00-12:45P	3/15-4/19	6 sessions	\$25M/ \$30R/ \$35NR

Latin Flow

This class combines innovative Latin Dance-fitness moves, strength and resistance training. This workout will tone muscles, strengthen the core, and burn calories in a unique way with the usage of energizing world rhythms. Instructor: Karen Lewis. No Class:

553959A	Tues	1:00-2:00P	1/24-3/14	6 sessions	\$30M/ \$35R/ \$40NR
553959B	Tues	1:00-2:00P	3/21-5/19	6 sessions	\$30M/ \$35R/ \$40NR

Line Dance

This popular class is designed for those who do not have a partner. Our line dance styles include Country-Western, swing, tango (it only takes one), rumba and favorite party dances. Come for the movement, enjoy the music and laughter. Instructor: Jim Gregory

553920A	Wed	11:15-12:00P	2/1-3/8	8 sessions	\$30M/ \$35R/ \$40NR
553920B	Wed	11:15-12:00P	3/15-4/19	8 sessions	\$30M/ \$35R/ \$40NR

Line Dance Sampler

Can you Waltz without a partner? Can you do a Tango for One? Can you Country Line Dance without a honky-tonk bar? Yes, yes, yes and this free class will give you a taste of how much fun it is. Not partnered, not alone-but with a lot of fun-loving senior dance students. Instructor: Jim Gregory No Class:

553919A	Fri	10:00-11:30P	1/19-3/9	8 sessions	\$32M/ \$37R/ \$42NR
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LANGUAGE CLASSES

French Conversational

Interested in stimulating French conversation? Join this friendly and informal group. The group will determine conversations. The sessions require knowledge of the basics of French Instructor: Iliana Matarazzi No Class: 1/19, 2/23, 3/9, 3/30.

553973A	Fri	10:00-11:30A	2/9-3/23	6 sessions	\$8M/ \$10R/ \$12NR
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LANGUAGE CLASSES

Hebrew For Beginners

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar.

Instructor: Connie Smilowitz

553993A	Thur	9:30-10:30P	1/18-2/22	6 sessions	\$24M/ \$28R/ \$30NR
553993B	Thur	9:30-10:30P	3/1-4/5	6 sessions	\$24M/ \$28R/ \$30NR

Spanish Conversational

If you can understand the following, you should join the Spanish Class. Los invito a Uds. A participar en conversaciones sobre asuntos Corrientes, sobre literatura espanola, sobre chistes del mundo hispano. Wilson Maestre-Soto

553992A	Thur	11:15-12:45P	12/28-2/15	8 sessions	\$10M/ \$12R/ \$15NR
553992B	Thur	11:15-12:45P	2/22-4/12	8 sessions	\$10M/ \$12R/ \$15NR

Yiddish

Build a basic vocabulary, understanding the structure and meaning of words, and the fundamentals of grammar.

Instructor: Connie Smilowitz No Class:

553994A	Thur	11:00-12:00P	1/18-2/22	6 sessions	\$24M/ \$28R/ \$30NR
553994B	Thur	11:00-12:00P	3/1-4/5	6 sessions	\$24M/ \$28R/ \$30NR

EDUCATIONAL CLASSES

Lively Minds

Contribute your ideas in this guided discussion format. From word puzzles to newsworthy issues, we look for the answers that lie beyond the obvious. Our sessions are stimulating and fun. Facilitator: Jim Gregory

553974A	Wed	1:00-2:00P	1/24- 3/14	8 sessions	\$28M/ \$34R/ \$40NR
554974A	Wed	1:00-2:00P	3/21- 5/9	8 sessions	\$28M/ \$34R/ \$40NR

Opera

Opera to be discussed in January are Tosca by Puccini; February L'elisir d'amore by Donizetti and La Boheme by Puccini; March Semiramide by Rossini and Cosi fan tutte by Mozart. Facilitator: Bruno Amato No Class: 3/30

553914A	Fri	2:00-3:30P	1/12-2/16	6 sessions	\$24M/ \$28R/ \$30NR
553914B	Fri	2:00-3:30P	2/23-4/6	6 sessions	\$24M/ \$28R/ \$30NR
554914A	Fri	2:00-3:30P	4/13-5/18	6 sessions	\$24M/ \$28R/ \$30NR

Meditation

In this class, through techniques such as deep breathing and creative visualization, you begin the process of "centering" and trusting the guidance of your own intuition. You will learn to relax and gently move beyond the incessant mental noise and emotional clutter of your mind. Instructor: Rodney Goodwin No Class: 12/13

553912A	Wed	3:15-4:15P	1/10- 2/14	6 sessions	\$24M/ \$28R/ \$30NR
553912B	Wed	3:15-4:15P	2/21-3/28	6 sessions	\$24M/ \$28R/ \$30NR

Peer Play

Join our class of support and fun where we laugh, share and care. We will stimulate our minds with memory and reminiscing, word puzzles, visual games, trivia, and so much more. This program is geared toward people experiencing mild memory loss. Caregivers are welcome to attend. Facilitator: Anne-Paul Swett

553961A	Tues	10:00-11:00P	12/5-1/9	6 sessions	\$8M/ \$10R/ \$12NR
553961B	Tues	10:00-11:00P	1/16-2/20	6 sessions	\$8M/ \$10R/ \$12NR

The West Hartford Caregiver Alzheimer Support Group will meet the 1st Tuesday of the month.

EDUCATIONAL CLASSES

Sharpen your Mind

Who knew that staying sharp could be so much fun! Come join us for group activities, such as word games and visual puzzles that enhance cognitive acuity, logical thinking and improve memory...all this with laughter and the support of your peers. Facilitator: Anne-Paul Swett No Class: 3/30

553962A	Fri	12:30-1:30P	12/15- 2/2	8 sessions	\$8M/ \$10R/ \$12NR
553962B	Fri	12:30-1:30P	2/9- 4/6	8 sessions	\$8M/ \$10R/ \$12NR

FITNESS CLASSES

Ageless Grace

A cutting edge program based on neuroplasticity that activates all 5 functions of the brain and addresses all 21 physical skills needed for lifelong optimal function. Created by Denise Medved, the program consists of 21 simple exercise tools designed for all ages and abilities. Facilitator: Thomas Atwood

553937A	Tues	11:15-12:00P	1/16-2/20	6 sessions	\$30M/ \$35R/ \$40NR
553937B	Tues	11:15-12:00P	2/27-4/3	6 sessions	\$30M/ \$35R/ \$40NR

**Silver Sneakers-Cardio & Strength**

This class consists of a cardio segment to improve cardiovascular health followed by a conditioning segment using weights, resistance bands and short bands that target both the large and small muscle groups. **Class is free to Silver Sneaker participants but you must register in advance.** Instructor: Amy Cashman No Class: 2/19.

553915A	Tues	1:00-2:00P	1/22-3/5	6 sessions	\$18M/ \$20R/ \$22NR
553915B	Tues	11:15A-12:15P	1/20-2/24	6 sessions	\$18M/ \$20R/ \$22NR

Energy Hour

This popular class has light aerobics and stretching for your entire body. Instructor: Karen Lewis, Joan Walden

553921A	M, W, F	8:45A-9:45A	1/19-2/23	15 sessions	\$40M/ \$45R/ \$50NR
553921B	M, W, F	8:45A-9:45A	2/26-4/2	15 sessions	\$40M/ \$45R/ \$50NR

Strength & Fitness

The Strength & Fitness class is a gradual strength building and conditioning program which incorporates resistance, (Nautilus, dumbbells, etc.) cardiovascular (bikes, treadmills, etc., stretching) exercises held in our fitness center. Requires medical form filled out by your doctor. Facilitator: Mark Modifica. No Class 3/22, 3/27

553908 A	Tues Thur	12:45-1:30P	1/4-2/6	10 sessions	45M/ \$50R/ \$55NR
553908 B	Tues Thur	12:45-1:30P	2/8-3/13	10 sessions	45M/ \$50R/ \$55NR
553908 C	Tues Thur	12:45-1:30P	3/15- 4/24	10 sessions	45M/ \$50R/ \$55NR

553909 A	Tues Thur	1:30-2:15P	1/4-2/6	10 sessions	45M/ \$50R/ \$55NR
553909 B	Tues Thur	1:30-2:15P	2/8-3/13	10 sessions	45M/ \$50R/ \$55NR
553909 C	Tues Thur	1:30-2:15P	3/15- 4/24	10 sessions	45M/ \$50R/ \$55NR

553910 A	Tues Thur	2:15-3:00P	1/4-2/6	10 sessions	45M/ \$50R/ \$55NR
553910 B	Tues Thur	2:15-3:00P	2/8-3/13	10 sessions	45M/ \$50R/ \$55NR
553910 C	Tues Thur	2:15-3:00P	3/15- 4/24	10 sessions	45M/ \$50R/ \$55NR

TAI CHI QIGONG CLASSES

Tai Chi Qigong-Inter/ Adv

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes. Instructor: Krystyna Dzwonkowski

552929B	Mon	10:30-11:30A	12/18-2/12	6 sessions	.\$36M/ \$46R/ \$51NR
553929A	Mon	10:30-11:30A	2/26-4/2	6 sessions	\$36M/ \$46R/ \$51NR

Tai Chi Qigong-Beginner

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes. Instructor: Krystyna Dzwonkowski

552924A	Mon	11:30A-12:30P	12/18-2/12	6 sessions	\$36M/ \$46R/ \$51NR
553924B	Mon	11:30A-12:30P	2/26-4/2	6 sessions	\$36M/ \$46R/ \$51NR

Tai Chi Qigong-Inter/ Adv

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes. Instructor: Krystyna Dzwonkowski

553925B	Thur	8:30-9:30A	2/1-3/8	6 sessions	\$36M/ \$46R/ \$51NR
553925C	Thur	8:30-9:30A	3/15-4/19	6 sessions	\$36M/ \$46R/ \$51NR

Tai Chi Qigong-Inter/ Beginner

Ancient Chinese gentle movements, which are suitable for all ages, and physical or medical conditions. These gentle graceful body movements prevent many diseases, accelerate the healing process, restore balance, increase flexibility, boost energy level, calm the mind, and are great stress relievers! Please wear loose, comfortable clothing and non-skid shoes. Instructor: Krystyna Dzwonkowski

553933B	Thur	9:30-10:30A	2/1-3/8	6 sessions	\$36M/ \$46R/ \$51NR
553933C	Thur	9:30-10:30A	3/15-4/19	6 sessions	\$36M/ \$46R/ \$51NR

YOGA CLASSES

Yoga

Gentle yoga is appropriate for beginners and advanced beginners. Options are offered to accommodate different abilities and breathing techniques to energize, focus and calm the body and mind. Instructors: Laura Magnussen (Mon am). 2/19, 3/26 Jill Hebert (Mon, Thurs PM, Sat AM) No Classes: 2/19

553927A	Mon	10:00-11:15A	1/29-3/12	6 sessions	\$50M/ \$60R/ \$65NR
553927B	Mon	10:00-11:15A	3/19-4/30	6 sessions	\$50M/ \$60R/ \$65NR

Yoga

553930B	Mon	4:00-5:00P	2/12-3/26	6 sessions	\$36M/ \$46R/ \$51NR
553930C	Mon	4:00-5:00P	4/2-5/7	6 sessions	\$36M/ \$46R/ \$51NR

Yoga

553936A	Thur	5:00-6:00P	1/4-2/8	6 sessions	\$36M/ \$46R/ \$51NR
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YOGA CLASSES

553936B	Thur	5:00-6:00P	2/15- 3/22	6 sessions	\$36M/ \$46R/ \$51NR
554936A	Thur	5:00-6:00P	3/29- 5/3	6 sessions	\$36M/ \$46R/ \$51NR

Yoga

553931A	Sat	10:00-11:00A	12/30-2/3	6 sessions	\$36M/ \$46R/ \$51NR
553931B	Sat	10:00-11:00A	2/10-3/17	6 sessions	\$36M/ \$46R/ \$51NR
554931A	Sat	10:00-11:00A	3/24-4/28	6 sessions	\$36M/ \$46R/ \$51NR

Yoga, Chair

A yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Additionally, some standing and balancing postures can be done using the chair for support. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being. Virtually everyone can do and receive benefits from chair yoga! Instructor: Jill Hebert No Class 1/15

553932A	Mon	3:00-3:45P	2/12-3/26	6 sessions	\$36M/ \$46R/ \$51NR
554932A	Mon	3:00-3:45P	4/2-5/7	6 sessions	\$36M/ \$46R/ \$51NR
553932C	Wed	2:15-3:00P	1/10-2/14	6 session	\$36M/ \$46R/ \$51NR
553932D	Wed	2:15-3:00P	2/21-3/28	6 sessions	\$36M/ \$46R/ \$51NR

Zumba

Fast paced exercise/dance to Latin/Salsa Music. All ages welcome. Instructors: M. Fenton & L. Newton. No Class 1/6, 1/20.

Mon	6:15-7:15P	Ongoing	Payable to Instructor	\$7.00
Wed	7:00-8:00P			
Thur	6:15-7:15P			



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BAGEL BREAKFASTS

Tuesdays

9:00 - 10:00 a.m.

Enjoy a fresh bagel along with assorted cream cheeses, orange juice and coffee/tea.



ADULT FAMILY LIVING

Karen Pliego, Caregiver Homes

January 16, 2018

Caregiver Homes is the service provider for this new state Medicaid program called Adult Family Living. Recipients of the program will receive services and a tax-free stipend from the State. Adult Family Living is available to families and their care givers state-wide. Attend and learn more about this program and see if you qualify for the benefits.

ORGANIZE YOUR ASSETS NOW— THE BENEFITS OF HOME INVENTORY

Leslie Raycraft, Personal Organizational Solutions for the Home

February 6, 2018

If you had 15 minutes to vacate your home, what would you take and why? Do you know what you have? What it is worth – both monetary and sentimental value? Dividing assets in death, downsizing or divorce is stressful, time-consuming and often emotionally destructive.

Let me show you how to divide things, not families.

HOW TO EAT NAKED...WITH YOUR CLOTHES ON

Marci Moreau, Naked Baking Ladies

March 13, 2018

Designed to educate and entertain, Naked Baking Ladies seminar introduces the essential concepts of health and wellness. In our seminar you will learn what it means to eat naked and find the answers to the most pressing questions of food and diet. Begin your journey and discover the truth behind organic and conventional methods, genetically modified foods and superfood ingredients. Considered the great reveal of the food industry, Naked Baking Ladies will illuminate the way you think of food, transform your diet and, ultimately, cultivate a life of health and wellness. Join the revolution and get Naked!

Co-sponsor:



Cost: \$2.00 Members; \$4.00 Nonmembers per event
Tickets should be purchased at least one day in advance.

West Hartford Fellowship Housing

West Hartford Fellowship Housing I, II and III is affordable Elderly and Disabled housing right in the heart of Bishops Corner in West Hartford. Located right across the street from the West Hartford Senior Center and Town Library, West Hartford Fellowship Housing offers studio and one bedroom apartments amongst a beautiful garden-like setting. Heat, hot water and electric are included. Stop by today to see all that West Hartford Fellowship Housing has to offer!

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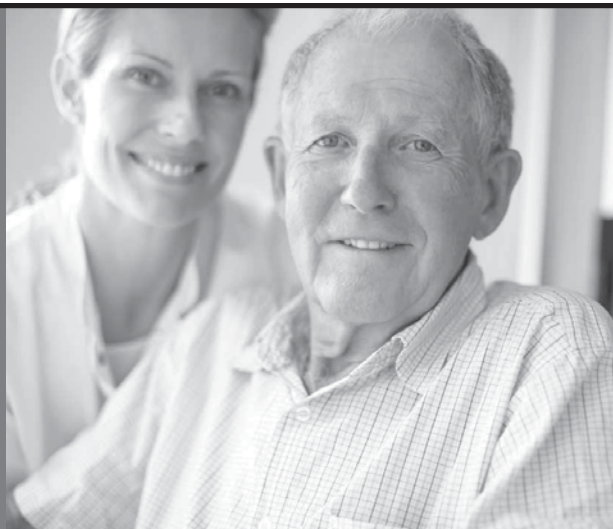
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West Hartford Senior Center

FITNESS CENTER OPEN HOUSE**Saturday, January 27, 2018****8:30 AM - 11:30 AM****Drop-in and Try Out a Free Class****8:30 am - Zumba****10:00 am - Yoga****10:30 am - Ageless Grace****11:15 am - Silver Sneakers -
Cardio & Strength**

Sign Up for a
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Membership and
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month **FREE!**

Giveaways! Prizes! Healthy Refreshments!**Make "Step Up to Health" in 2018 YOUR New Year's Resolution!****For More Information, please call: (860) 561-7583**

Hebrew Center for Health and Rehabilitation received its first ever overall **5-Star rating**, the highest possible, from the Center for Medicare and Medicaid Services (CMS)!

The rating culminates a year-long effort to enhance the quality of care and services at the Hebrew Center by its new manager, National

Health Care Associates. A new Administrator, Director of Nursing and other key leaders have been an integral part of this achievement.

In addition, Hebrew Center was recently "Passport Rehabilitation" certified, providing enhanced staff training on the unique needs and care practices of our short-term patients.

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**MANAGING BACK AND NECK PAIN****Wednesday, January 24, 2018****1:00 pm**

David Santoro, MBA, OTR/L, Director of Operations of HHC Integrated Care Partners will present an overview of the causes of back and neck pain. He will review non-surgical procedures including diet, exercise, medication management and alternative approaches to pain management. Attendees will be given the opportunity to sign up for a six week exercise program that includes a pre/post assessment and "report card" to the participants as well as a home exercise program at the end of the session.

Co-sponsor:

**NUTRITION – FACT OR FICTION****Wednesday, March 14, 2018****1:00 pm**

Carbs will make me fat! Sea salt is healthy for me!
Chocolate will lower my risk of heart disease!

There is so much information coming at you, so what can you believe when it comes to trying to eat right and choose healthy foods? Come find out if it's fact or fiction. Charlotte Meucci, RD CDECD-N, Dietitian for the Department of Cardiology at Hartford Hospital will try to clear up your confusion.

Co-sponsor:

**Light Lunch Served****\$3.00 Member; \$5.00 Nonmember per event. Pre-registration required.****For more information contact: 860 561-7583**



SPORTS TALK

Join former West Hartford Senior Center Director and sports enthusiast, Ned Skinnon, for an hour of pure "SPORTS TALK."

Wednesday, January 17, 2018 1:00 p.m.

January will feature baseball hot stove topics and college football playoff discussions and pro football playoffs and Superbowl preview along with Uconn men and women discussions

Monday, March 26, 2018 1:00 p.m.

March will feature previews of the major league season and March Madness discussions.

Event includes Hebrew National Hot Dog, Chips & Dessert.

Cost: \$3 Members; \$6 Nonmembers

Seating is limited and tickets need to be purchased in advance.

Co-sponsor:



ZENTANGLE

Zentangle is a method of creating abstract art through structured patterns. There are no mistakes in Zentangle, only new opportunities. It can be used to relieve stress and anxiety, enhance creativity and promote a sense of well-being.

ANYONE CAN BE AN ARTIST USING THIS METHOD

Beginner Zentangle

Wednesday, March 7, 3:00-4:30 PM

In this class you will learn about the origin and principles of Zentangle and then create a Zentangle tile with four basic patterns and learn how to shade them to add dimension and contrast.

Advanced Zentangle

Wednesday, March 21, 3:00-4:30 PM

This class is designed for anyone who has taken a basic or intro to Zentangle Class with any Certified Zentangle Teacher (CZT) and is seeking to learn more patterns and techniques. In this class, you will build upon the methods learned in the Introduction to Zentangle class. You will also learn how to blend tangles like colors to create interesting and pleasing tiles that look intricate but are easy to create.

Instructor: Laura A. Marks, CZT

All materials provided. Must pre-register one week prior to class.

Limited registration.

Cost: \$ 12 Member, \$18 Nonmember per class



BEMER THERAPY

Monday, January 22, 2018 1:00 p.m.

Learn how BEMER technology has impacted the health of millions worldwide in a non-invasive and natural way. The ease of use makes BEMER a favorite, whether you are in ill health or are in top performance! Many independent studies attest to the BEMER success.

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Presented by Laura Ely

HULA HOOP FOR HEALTH

Wednesday, February 7, 2018 1:30 p.m.

Come join us to learn how a simple childhood toy can easily improve our posture and our over all health, Kim Wanegar-Nation, a Physical Therapist with Touchpoints Rehab, will teach you how to gently and easily restore proper posture, strengthen all levels of your spine, improve our energy system in our muscles and gain strength and flexibility.

This introductory program is performed sitting in a chair.

HYPNOSIS – LIVING HEALTHY

Thursday, March 22, 2018 3:00 p.m.

Mindfulness and hypnosis can help you obtain a healthy life. Eat, move and reduce stress to promote a healthier you. Presented by Charlotte Menucci, BCH

**Programs are free to Members \$3 Nonmembers per event
Pre-registration Required**

MEDICARE SAVINGS PROGRAM**Wednesday, January 10, 2018****1:30 pm**

Due to the recent Medicare benefit cuts that will be affecting many residents, Town Councilor Beth Kerrigan will conduct an informational program designed to give a comprehensive explanation of how the programs will be reduced as well as possible strategy and options for individuals.

Beth Kerrigan, as well as West Hartford Social Work staff will be available for questions and to listen to your concerns.

Program is free and pre-registration is requested. Light refreshments served.

**TWAIN IN
HARTFORD****MARK TWAIN DID HIS BEST WORK
IN HARTFORD, YOU CAN TOO!****Monday, January 29, 2018****1:00 pm**

What was Mark Twain's Hartford like? Why did he come to Hartford? How did Hartford change Twain? Find out why Samuel Clemens was drawn to Hartford, Connecticut with West Hartford native, Emily Oshinskie. She will share her take on Twain's sense of Hartford and why this city was so influential to his 17 years here. As a true Twaniac, Emily hopes you will join to learn how this city influenced the man himself and how it can also influence you.

**Free to Members, \$3 Nonmembers.
Pre-registration required.
Light Refreshments Served.**



CARNIVAL 2018

Tuesday, February 13, 2018

1:00 p.m.



Co-sponsor:



Join us as we experience Carnivale 2018 as it is celebrated around the world. Our entertainer is the very talented Jose Paulo. His voice will mesmerize you and his personality will charm you. He is very versatile and that permits him to sing all styles of music in English, Portuguese, Spanish, Italian and French.

Lunch Menu includes:

Butternut Squash Soup, Crab Cakes, Chicken & Turkey Sausage Gumbo, Smoked Collard Green and Beignets and Mardi Gras Punch

Cost: \$15 Members, \$20 Nonmembers.

Pre-registration required.

Jukebox BINGO and Luncheon!

Wednesday, February 28, 2018

1:00 p.m.

Join us for lunch and Bingo with a Twist!

We have combined an exciting game of Bingo with some of your favorite music. This "Name that Tune" bingo game will bring back fond memories of days gone by. Many of your favorite songs will be played during this upbeat, toe tapping and most importantly, FUN activity!

Prizes will be awarded.

Lunch Menu:

Assorted Sandwiches & Wraps, Chips, Fruit Platter, Cookies, Soda & Coffee

Cost: \$5 Member, \$8 Nonmember



Cosponsor:





St. Patty's Day Party

Friday, March 16, 2018

1:00 – 3:00 p.m.

Celebrate St. Patrick's Day with a traditional corned beef and cabbage luncheon prepared by Assistant Fire Chief Michael O'Sinsigalli. Our meal will be served by West Hartford Fire Fighters. Entertainment features The Kerry Boys, Connecticut's favorite Irish Balladeers.

Menu Includes: Garden Salad, Corned Beef slowly simmered in a secret bouquet garni and finished in the oven with an Irish Whiskey glaze, boiled vegetable medley of potato, carrot, onion, cabbage, and parsnips, Irish soda bread, condiments of butter, apple cider vinegar and mustard. Ice Cream and coffee.

Co-sponsor:

Arden Courts 

Cost: \$15 Members, \$20 Nonmembers

PAINT PARTY

Wednesday, March 28, 2018

1:00 – 2:30 pm

Spring is in the air! Come join us for a fun filled paint party featuring lavender flowers. We will teach you step by step how to create a field of lavender flowers with acrylic paints on canvas. This painting will be very expressive and you will be using strokes to create a soft background movement.



Light refreshments will be served. Limited seats.

Cost: \$12 Members; \$15 Nonmembers

Co-sponsors:





Team Trivia

Wednesday, April 4, 2018

1:00 p.m.

Team Trivia is a new, fun, interactive way to play Trivia. Create a team of up to 4 players to answer questions asked by your host, Keith Alan. Each question is shown on a big screen and there is time to work together as a team to submit your answer. Each team gets their own touchpad answering device for submitting answers so there is no need to write anything down. It's so easy to play and everybody who plays, loves it!

Don't have a team, don't worry, we will match up participants.

A light lunch of fresh fruit, garden salad, pizza, and dessert will be served.

Co-sponsor:



Cost: \$5 Members, \$8 Nonmembers. Pre-registration required.



START THE YEAR WRITE!

WRITING WORKSHOP

Bishops Corner Neighborhood Association is sponsoring a free two evening writer workshop that will help you jump start your writing ideas.

Please join us on January 11 and 18 from 6:30 to 8:30 p.m. at the West Hartford Senior Center.

Look for more information on the Bishops Corner website: www.bishopscorner.org

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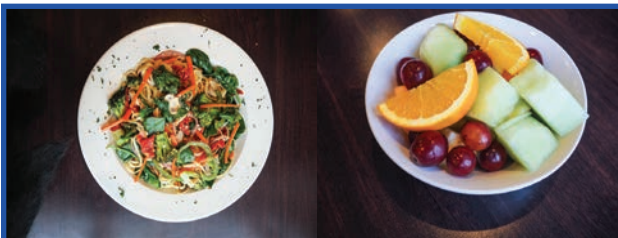


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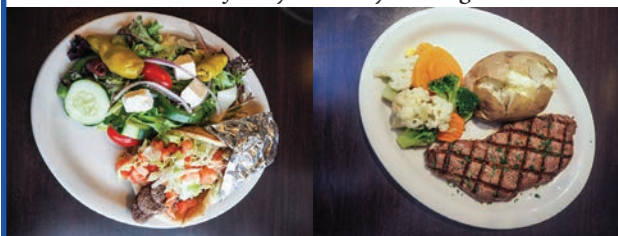


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Health & Rehabilitation Center

130 Loomis Drive, West Hartford, CT 06017
860-521-8700 westhartfordhealth.com

Affiliated with Avon Health Center

WE WELCOME THE FOLLOWING NEW MEMBERS TO THE WEST HARTFORD SENIOR CENTER

Gary Bent, Gloria Bent, Joanne Clark, Ben Gilberti, Estelle Hermes, Brian Hermes, Pamela Kirkpatrick,
Joyce Kopper, Alexander Kopper, Burton Schweitzer

DIRECTOR'S TOUR

FOR PROSPECTIVE AND NEW MEMBERS

Wednesday, January 10, 2018 at 11:00 a.m.

Wednesday, February 14, 2018 at 11:00 a.m.

Wednesday, March 14, 2018 at 11:00 a.m.

Join our Director, Gina Marino, for a tour and overview of programs
and services offered at the West Hartford Senior Center.

Please call to register for this free orientation. (860) 561-7583



MONDAYS

10:00 am-12:00 pm

Join Ben Cooper, WWII Army Combat Medic, for a morning of storytelling and sharing. Ben will facilitate this informal gathering where veterans from all branches of the service can share common experiences and make new friends. Everyone is welcome to meet our veterans and watch history come alive.

Program is free. Pre-registration is not required.



Art Exhibit and Reception

We held our very first Art Exhibit and Reception with participation from students in Marvin's art class, volunteers and staff. Arden Courts provided delicious hors d'oeuvres for nearly 50 attendees. A percentage of the sales were donated to our center totaling nearly \$100 profit.



Bishops Corner Meeting & Conference Center

15 Starkel Road, West Hartford
(860) 561-7583

AVAILABLE FOR RENTALS

PERFECT FOR:

**ANNIVERSARY PARTIES, BIRTHDAY PARTIES, BABY SHOWERS,
BAR/BAT MITZVAHS, WEDDINGS, COMPANY GATHERINGS,
POWER POINT PRESENTATIONS, LECTURES, BUSINESS
MEETINGS, CLASSES/WORKSHOPS & DANCES**

Rooms can accommodate up to 150 people.
REASONABLE RATES RANGING FROM \$35 TO \$95 PER HOUR

Email: gina@westhartfordct.gov


Your first cup is complimentary. Refills are 50 cents.

Come join us for coffee and tea served each weekday by our volunteers; Jo Lohman, Vinny Gionfriddo and June Lucas. It is a perfect opportunity to engage in fellowship and enjoy a hot beverage and sweet treat.



Donations are appreciated.

Please note that coffee will not be served after 1:00 p.m.




The West Hartford Senior Center is grateful to Big Y and Shop Rite for donations of bread and bakery items. Tasty treats are available for purchase with all funds helping to defray the cost of coffee and supplies for the continuation of our Complimentary Coffee and Senior Center Programs.

Co-sponsors:



Support Your Senior Center by becoming a Coffee Club Sponsor



Join the **Coffee Club** and help provide coffee and tea to our seniors.
Sponsor a month with a \$50 donation. For more information please contact

Gina Marino at 860.561.7583.

Movie Schedule for January, February & March 2018
Thursday Afternoon Movies shown at 1:00 pm
All Movies are Free of Charge

January 4 - Paris Can Wait – Comedy, Drama, Romance (PG) 2017 - 1Hr 32m

The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband's associates.

Starring: Diane Lane, Arnaud Viard, Alec Baldwin.

January 11 - The Glass Castle – Biography, Drama (PG-13) 2017 - 2h 7 min

A young girl comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty.

Starring: Brie Larson, Woody Harrelson, Naomi Watts

January 18 - Maudie – Biography, Drama, Romance (PG-13) 2017 - 1h 55 min

An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community. **Starring:** Sally Hawkins, Ethan Hawke, Kari Matchett .

January 25 –Akeelah and the Bee – Drama (PG) 2006 - 1h 52 min

A young girl from South Los Angeles tries to make it to the National Spelling Bee.

Starring: Angela Basset, Laurence Fishburne, Keke Palmer.

February 1 - Wind River – Crime, Drama, Mystery (R) 2017 - 1h 47 min

A veteran tracker with the Fish and Wildlife Service helps to investigate the murder of a young Native American woman, and uses the case as a means of seeking redemption for an earlier act of irresponsibility which ended in tragedy.

Starring: Kelsey Asbille, Jeremy Renner, Julia Jones.

February 8 - Megan Leavey – Biography, Drama, War (PG-13) 2016 - 1Hr 56m

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. **Starring:** Kate Mara, Ramon Rodriguez, Tim Felton.

February 15 - Victoria and Abdul – Biography, Drama, History (PG-13) 2017 - 1Hr 51m

Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

Starring: Judi Dench, Ali Fazal, Tim Pigott-Smith

February 22 - The Mountain Between Us – Adventure, Action, Drama (PG-13) 2017 - 1Hr 52m

Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. **Starring:** Idris Elba, Kate Winslet, Beau Bridges

March 1 - Dunkirk – Action, Drama, History (PG-13) 2017 - 1Hr 46m

Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. **Starring:** Fionn Whitehead, Barry Keoghan, Mark Rylance.

March 8 -The Battle of the Sexes – Documentary, Biography, Sport (PG-13) 2013 - 1Hr 23m

A look at the events leading up to the 1973 tennis match between retired men's champ Bobby Riggs and the current women's Wimbledon winner Billie Jean King. **Starring:** Amanda Edwards, Billie Jean King, Bobby Riggs.

March 15 - Marshall – Biography, Drama (PG-13) 2017 - 1Hr 58m

About a young Thurgood Marshall, the first African-American Supreme Court Justice, as he battles through one of his career-defining cases. **Starring:** Chadwick Boseman, Josh Gad, Kate Hudson.

March 22 - Goodbye Christopher Robin – Biography, Family, History (PG) 2017 - 1Hr 47m

A behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories inspired by his son C.R. Milne. **Starring:** Domhnall Gleeson, Margot Robbie, Kelly Macdonald.

March 29 - Stronger - Biography, Drama (R) 2017 - 1Hr 59m

Stronger is the inspiring real life story of Jeff Bauman, an ordinary man who captured the hearts of his city and the world to become a symbol of hope after surviving the 2013 Boston Marathon bombing. **Starring:** Jake Gyllenhaal, Tatiana Maslany, Miranda Richardson.

April 5 - Bull Durham- Comedy, Romance, Sport (R) 1988 - 1hr 48m A fan who has an affair with one minor-league baseball player each season meets an up-and-coming pitcher and the experienced catcher assigned to him. **Starring:** Kevin Costner, Susan Sarandon, Tim Robbins.

HOLIDAYS

The Senior Centers are closed on the following holidays:

New Year's Day – Monday, January 1, 2018

Martin Luther King's Day – Monday, January 15, 2018

Presidents' Day – Monday, February 19, 2018

Good Friday, March 30, 2018

FITNESS CENTERS

The Elmwood Senior Center and West Hartford Senior Center have over 18 pieces of state of the art equipment. Fitness memberships are interchangeable at both senior centers. All interested participants need to pick up a **procedures sheet, medical clearance form** (which needs to be signed by the participant's medical doctor), and a **health history questionnaire**. Participants will need to attend an orientation conducted by Fitness Coordinator, Mark Modifica. Fitness Center orients are held weekly. You will be given options of orientation dates when you call **Elmwood Senior Center at (860) 561-8180 or West Hartford Senior Center at (860) 561-7583**.

Fees are \$150 for a yearly membership, \$90 for 6 months, or \$60 for 3 months.

Elmwood Fitness Center	Monday-Friday	7:00 a.m. to 6:30 pm
	Saturday	9:00 a.m. to 1 p.m.
West Hartford Fitness Center	Monday-Thursday	8:00 a.m. to 6:30 p.m.
	Friday	8:00 a.m. to 4:30 p.m.
	Saturday	8:00 a.m. to 12:00 p.m.

BINGO - A friendly game of Bingo is held at the **Elmwood Senior Center** every **Wednesday** from 1:00 pm - 3:00 pm and at the **West Hartford Senior Center** every **Friday** from 1:00 pm - 3:00 pm. Bingo cards are 50 cents each. Bingo sheets (3 games/sheet) are \$1.00 per sheet.

COPY/FAX CHARGE – As a convenience to our members, both Senior Centers will make copies or send a fax for \$0.25 per copy.

GIFT CERTIFICATES - Do you want to surprise a relative, friend, or neighbor with a special present? The Elmwood and West Hartford Senior Centers sell gift certificates for the fitness center, special events, trips and travel, classes, and shopping at the Elmwood Little Boutique. The certificates are the **PERFECT WAY** to introduce a special someone to a new activity or to register them for a favorite program or service. What a surprise it would be to receive a free trip to a show, restaurant, museum or concert.

MEMBERSHIPS - Membership runs from January 1 to December 31, 2018 and entitles members to discounted fees for all programs, activities and services at BOTH Senior Centers. **AND** - every issue of the **BULLETIN** will be mailed to you at your home. The membership fee is \$15 for West Hartford residents and \$40 for non-residents. Checks should be made out to the "Town of West Hartford" and mailed to either Senior Center. Or, you can register in person at either office in Elmwood (ESC) or Bishops Corner (WHSC). Newcomers – you'll find the registration form on page 54.

SMART DRIVER CLASS - Save at least 5% on your Liability Auto Insurance. AARP sponsors a Smart Driver Program encompassing the latest techniques in driving with special emphasis on defensive driving. This is classroom training only; there is no in-the-car-training. Upon completion of this class, you will receive a certificate which may be used to obtain a minimum of 5% discount on one's liability auto insurance. (This is CT General Statute – Sec. 38a-683 for those who are age 60 years or older.) The class is limited to 20 people. There is a \$15 fee for AARP Members (card must be presented with payment) and a \$20 fee for all non-AARP members. This is a newly revised course with new course material and updated workbooks and videos. Make checks payable to the Senior Center where the class is held.

Elmwood Senior Center	Mondays:	Jan. 29, Feb. 26, Mar. 26	9:00 am - 1:00 pm
West Hartford Senior Center	Wednesdays:	Jan. 31, Feb. 28, Mar. 28	9:00 am - 1:00 pm



SENIOR DANCE

All are welcome to drop in at one of our Senior Center Dances. Enjoy music, refreshments and great company!

ELMWOOD SENIOR CENTER

Every Friday, 1:00 pm - 3 PM
Featuring the Elmwood Jive Five

WEST HARTFORD SENIOR CENTER

Every Thursday, 1:00 pm - 3pm
Featuring the Hi-Tones

THE WEST HARTFORD SENIOR CITIZENS ADVISORY COMMISSION

10:00 a.m. at Elmwood Community Center
1106 New Britain Avenue, West Hartford, CT

The West Hartford Senior Citizens Advisory Commission meets on the third Tuesday of the month. Come to our meetings, share your comments, and enjoy some light refreshments.

Tuesday, January 16, 2018
Tuesday, February 20, 2018
Tuesday, March 20, 2018

EVERYONE IS WELCOME and cordially invited to attend any or all of our sessions.

MEET WITH A SOCIAL WORKER

Would you like an opportunity to meet privately with a professional social worker to discuss issues that are concerning you? These issues might be related to your finances, medical questions, health insurance, housing, transportation, family members or community resources that might enhance your quality of life, your safety and your independence.

Please call West Hartford Social Services directly to schedule an appointment at 860-561-7561. Appointments scheduled at either senior center or at town hall.

TRANSPORTATION OPTIONS

DIAL-A-RIDE

To make a reservation with Curtin Livery for rides call TOLL-FREE 1-855-WHRIDES (855-947-4337)

ITNCENTRALCT

For more information about ITN you may look on their website at www.ITNCentralCT.org, or call them at (860) 521-3600.

FREEDOM RIDE FROM THE GREATER HARTFORD TRANSIT DISTRICT

For more information call (860) 247-5329, ext. 3100, or visit www.hartfordtransit.org

SENIOR CAFE

HOT LUNCH PROGRAM

Monday-Friday, 12 Noon to 12:30 p.m.
offered by the Community Renewal Team

Reservations for the lunch program must be made one day in advance by calling one of the numbers below between the hours of 10 a.m. and 12:30 p.m. The suggested price is \$2.50 per meal for seniors. The hot meals are nutritionally balanced and typically include soup, salad, main entrée, vegetables, bread, dessert and fresh fruit. Friends and fellowship await.

Elmwood at (860) 561-8188

Federation Square (Kosher site) at (860) 236-4136

SENIOR JOB BANK

Location: 50 South Main Street (Town Hall) Suite 216, West Hartford, CT 06107

Phone (860) 521-3210 Email: INFO@SJBCT.ORG Website: www.sjbct.org

Hours: of Operation: Monday – Friday (10:00 am to 12:30 pm)

Need Work: Register to find a part-time job for yourself or become a Service Provider

Need Help: Find one of our Service Providers to do work for you in your home or business

CHOICES COUNSELORS

Volunteers are trained by the Area Agency on Aging and Medicare Advocacy Group, which is run by the State Choices Program. Help and consultation is provided with MediGap Insurance and Medicare issues, including the Medicare Drug Assistance Program.
 from 9:30 am to 12:30 pm

Elmwood Senior Center does not schedule appointments in Jan/Feb/Mar.
Please call 860-561-8180 for referral to CHOICES counselor.

Appointments on various days at the West Hartford Senior Center call (860) 561-7583 for an appointment.

January – 8, 16, 22, 29

February – 5, 13, 20, 26

March – 5, 12, 19, 26

From 9:00 am to 12:00 pm

Please Note: Only one person per session. Please bring all current medical membership cards and a list of all medications including dosage and frequency.

DO YOU NEED HELP PAYING FOR GROCERIES?

Foodshare SNAP Outreach volunteers can help!

Did you know a one person household can get as much as \$192 for groceries every month? We can help you fill out the SNAP benefits application and submit it for you. We will even help you with the documents required.

Call Social Services for an appointment at 860-561-7561.

(SNAP is the Supplemental Nutrition Assistance Program)

West Hartford Senior Center at Bishop's Corner

These Wednesdays each Month

5:30pm-7:30pm

January 3

February 7

March 7

These Tuesdays each Month

2:30pm-5:30pm

January 9

February 13

March 13

These Fridays each Month

9:00 am-12:00pm

January 26

February 23

March 23



www.foodshare.org
(click on Find Help> SNAP)
Phone: 860-286-9999 ext. 104



TOWN OF WEST HARTFORD REFUND AND CANCELLATION POLICY

- Please sign up early to avoid classes being cancelled due to low enrollment.
- Full refunds will be automatic if a class session is cancelled.
- Cancellations and refund requests must be made (3) business days before the program begins.
- All refund requests must be made in writing.
- Refunds will not be given after a program has begun.
- A 10% processing fee will be deducted from all refunds (minimum \$5.00).
- In case of injury, a written refund request must be accompanied by a doctor's note.
- No refunds will be given on trips, special events, and/or memberships.

INCOME TAX PREPARATION



A free IRS-certified tax assistance program, AARP Foundation Tax-Aide, is available for low-to-moderate-income taxpayers, especially those 60 and older. The program will begin Monday, February 5, at West Hartford Fellowship Housing, 24 Starkel Road, and Thursday, February 1, at the Elmwood Senior Center. To schedule an appointment with a certified Tax-Aide counselor or to obtain information, please call the West Hartford Senior Center at (860) 561-7583 or the Elmwood Senior Center at (860) 561-8180.

Those requiring assistance in meeting with the counselor should bring a relative or friend. If married, both spouses must be present. Taxpayers must bring with them all pertinent tax information and documents required to complete their federal and Connecticut income taxes, including:

- Copies of last year's income tax returns, both federal and state.
- Photo identification.
- Social security cards or other official proof of social security numbers for yourself and all dependents.
- W-2 forms from each employer, W-2G gambling winnings forms and unemployment compensation statements.
- SSA-1099 form if you were paid Social Security benefits.
- 1099-R forms if you received a pension, annuity, IRA distribution, or other retirement income.
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, etc.) showing interest, dividends and capital gains.
- Documentation showing the original purchase price of all stocks and bonds and other investments and assets sold during the year.
- All forms indicating federal income tax and estimated taxes paid.
- Child care provider information (name, employer ID or Social Security number) and amount paid for child care.
- Receipts or canceled checks if itemizing deductions.
- All Forms 1095 regarding health insurance.
- A checkbook or blank check so that any refund due can be direct-deposited.
- Taxpayers who had health insurance through the Health Insurance Marketplace (Obamacare/Access Health CT) must also bring income information for all household members.

Fellowship Housing
Starting Monday, February 5, 2018
(Mondays)
(860) 561-7583

Elmwood Senior Center
Starting Thursday, February 1, 2018
(Thursdays)
(860) 561-8189

BLOOD PRESSURE CLINICS

Monitors take blood pressures at both Senior Centers. Individuals will be told the reading and it will be up to the individual to do his/her own follow up. The program is now designed for individual awareness only. Individuals will be taken on a walk-in basis at no charge.

Elmwood Senior Center	Wednesdays	9:30 am - 11:30 am
West Hartford Senior Center	Thursday, January 3 & 17	9:00 am - 11:00 am
	Thursday, February 7 & 21	9:00 am - 11:00 am
	Thursday, March 7 & 21	9:00 am - 11:00 am

(The West Hartford Senior Center program is at Fellowship Housing, opposite 15 Starkel Rd)

FOOT CARE PROGRAM

A registered nurse will perform the following: general assessment of the feet and lower extremities; trimming, filing, and cleaning of nails, reduction of thickened toenails, smoothing of callouses and corns; massaging, lotioning and powdering, and referral to MD/podiatrist if needed.

Call for a 1/2 hr. appointment. **Cost: \$33** at the Senior Center, **\$50** for home visits

Elmwood Senior Center	Tuesday, January 2 & 26	9:00 am – 3:00 pm
	Tuesday, February 6 & 23	9:00 am – 3:00 pm
	Tuesday, March 6 & 23	9:00 am – 3:00 pm

This service is NOT offered to diabetics and is NOT covered by insurance.

HEARING SCREENINGS

Senior Centers will be offering FREE hearing screenings and service on any make or model of hearing aide provided by Jack Felix of Hearing Care Center. Hearing screenings require only a few minutes and will confirm if hearing thresholds are within normal ranges or would require further testing if a loss is present. Senior Center office staff will book 15-minute appointments between the hours of 9:30 and 10:30am on a bi-monthly basis. If requests for service exceed the time allotted, Hearing Care Centers will extend the screening hours and/or come on a monthly basis.

Elmwood:	2018: Jan. 9	Mar. 13	May 8	July 10	Sept.11	Nov. 13
WHSC:	2018: Jan. 17	Mar. 21	May 16	July 18	Sept. 19	Nov. 21



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WEST HARTFORD LIBRARIES

FAXON LIBRARY NOAH WEBSTER LIBRARY BISHOPS CORNER LIBRARY

BOOK DISCUSSION GROUP

Tuesday, 10:00 am

Join us for discussions on the fourth Tuesday of each month at 10:00 am. The group meets in the classroom of the West Hartford Senior Center. Approximately one month before each meeting, there will be 10 to 12 books on hold at the Bishops Corner Library (adjacent to West Hartford Senior Center).

HOMEBOUND

Volunteers deliver library materials free of charge to West Hartford residents who are confined to home because of illness, disability, or advanced age. Ask for specific materials or tell the volunteer what types of material you like and they will make selections for you. A West Hartford Library card is required. A volunteer will answer your call to 860-561-6951 on Tuesdays from 10:00 a.m.-11:30 a.m. or call anytime and leave a message.

Financial Contribution Form

I would like to support the Senior Centers in West Hartford with the below donation.

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

I am paying by: ☐ Check ☐ Cash ☐ Mastercard ☐ Visa

Card # _____ Expiration Date _____

Name _____

Address _____

City _____ State _____ Zip Code _____

☐ Do not acknowledge my donation publicly. ☐ Please mail a tax receipt.

Please mail your tax deductible donation to:

Elmwood Senior Center
1106 New Britain Avenue
West Hartford, CT 06110

West Hartford Senior Center
15 Starkel Road
West Hartford, CT 06117

Thank you for your support!

ALZHEIMER'S SUPPORT GROUP – Alzheimer and Dementia Family Caregiver Support Group. Groups are free and open to the public.

St. Mary Home (In Center #1 Dining Room)	2nd Thursday of Month Facilitator: Eileen Cleary (860) 570-8335	4:30 pm - 5:30 pm
Hebrew Senior Care (In Board Room)	1st Thursday of Month Facilitator: Heather Dobbert (860) 920-1810	3:15 pm - 4:45 pm
West Hartford Senior Center	1st Tuesday of Month Facilitator: Elaine Reid (860) 712-4614	10:00 am – 11:00 am

PARTNER BEREAVEMENT SUPPORT GROUP – For those grieving the loss of a Partner or Spouse... On-going... meets at 4:30-6:00 p.m. on the second and fourth Wednesday of each month, excluding Jewish holidays. To register, or for more information please call 860.523.3800. Sessions are free of charge and refreshments will be served. Hebrew HealthCare, Senior Day Center, One Abrahms Blvd. West Hartford.

COCHLEAR CHAT & SUPPORT explores how the Cochlear community is a resource for those seeking information on advance hearing loss and it provides resources & support to those who have a Cochlear implant, Cochlear Nucleus Hybrid or Cochlear Baha System Technology. Join us the third Thursday of the month from 6:00-7:30 p.m. at Blue Back Square. Please contact Nancy Ryan (860) 232-0255 or Marcia Reno (860) 232-4352.

DEMENTIA PEER COALITION OF CT Group meets first Wednesday of each month from 10:00 – 11:30 a.m. at the Elmwood Senior Center. Facilitator: Bob Savage (860) 305-0178.

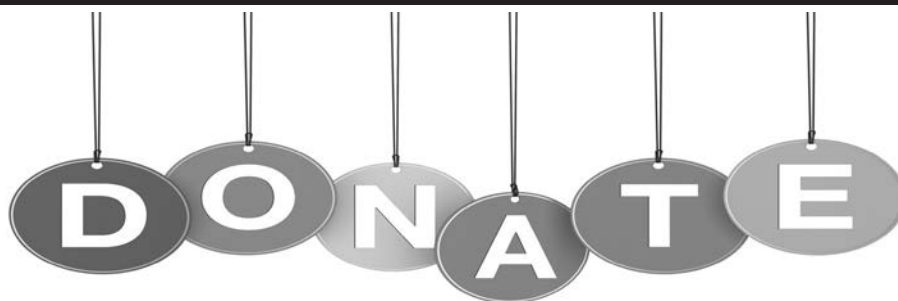
EARLY STAGE MEMORY LOSS GROUP - Group meets at Jewish Family Services West Hartford the second Thursday of the month from 4-5:00 pm. This is a collaborative effort between Jewish Family Services & Hebrew Health Care. RSVP: Heather Dobbert (860) 920-1810 (hdobbert@hebrewseniorcare.org) or Penny Yellen (860) 236-1927 (pyellen@JFSHartford.org)

OSTOMY SUPPORT GROUP – This is a non-profit support group for people & their families/friends who have had ostomy surgery. We will meet at the West Hartford Senior Center on the fourth Thursday of each month from 5:30-8:30 pm. For details and more information, call Cheryl at (860) 693-0289.

PARKINSON'S SUPPORT GROUP - The support group for Parkinson's meets at Atria Hamilton Heights on the second Wednesday of each month, 3:30 p.m. – 4:30 p.m. For more information, call Pamela Atwood (860) 801-1114, or the chapter office at (860) 248-9200.

STROKE SUPPORT GROUP – This group is held at the Hospital for Special Care in New Britain. The group meets on the second Tuesday of each month from 3:00-4:30 pm in the lower level Conference Center. Designed for stroke survivors, their caregivers and loved ones. Please call Kristin Mooney at (860) 827-1958 ext. 5091 with questions.

DONATIONS



GIFTS, MEMORIALS & DONATION CONTRIBUTIONS

Gifts, memorials, and donations are used to further the purpose and goals of our Senior Centers. New and replacement equipment is difficult to obtain through the normal budget channels because of cutbacks, so any size contribution is welcome. We are always grateful to families who mention membership in the Elmwood or West Hartford Senior Centers in obituaries of a loved one, and we are appreciative of the thoughtfulness of those who suggest memorial donations be made to the Senior Center in lieu of flowers. Memorial donations to the Senior Centers keep alive the tradition of serving older adults, the service that your family members or friends so enjoyed. Some of our seniors have found it rewarding to donate to the Senior Center in honor of a special occasion, such as a birthday, anniversary or the birth of a great grandchild.

ELMWOOD SENIOR CENTER DONATIONS

Little Boutique

Louise Bernotas, Julie Frost, Margaret Merriman

Carmen Manix, Joni Sevarino

Holiday table centerpieces

“Syllatrex” Quick Books, CT

Yarn Donation

Masuho Imel

Holiday Snacks for

Sharon Boudreau

ESC Office Visitors

Bird Seed

Bob Reyhholds

Coffee for Special Events

Judy Killoran

In Memory of Angelo Louro

Isolene Perry

Monetary donation for coffee

Jean Wittham

ESC donation

Julie Bradley

Monetary donation for

Elmwood’s “Wish List”

Katherine Brophy

Monetary donation in

McGuire Properties (Brian McGuire)

Memory of Donald Cohen

Elmwood Senior Center members contributed to the Toys for Tots annual toy drive, Town of West Hartford Food Pantry, Lion’s Club eyeglass collection, and personal care items for the “Kindness Project” sponsored by West Hartford Public Libraries.

WEST HARTFORD SENIOR CENTER DONATIONS

2018 Calendars and candy

Louise Kruczek

Monetary Donation

Isolene Perry

Artificial Flowers

Mae Young

Books

Sharon Rosenblum

Wall Sconce Candle Set

Olga Smith

Monetary

Rose Granow



MEMBERSHIP & CLASS REGISTRATION FORM

(Please Print)

HOUSEHOLD INFORMATION

Name:	Home Phone:	Cell:
If not a Senior Center Member, Please fill out below		
Address:	Town:	
State:	Zip Code:	Email Address:
Emergency Contact Name:	Phone Number with area code.	Relationship:

MEMBERSHIP: Renewal _____ New _____ Resident Rate \$15.00 Non-Resident Rate \$40.00 _____

CLASS REGISTRATION INFORMATION:

PARTICIPANT	PROGRAM	PROGRAM #	DATES	DAY	TIME	SESSION	FEE

MEMBERSHIP TOTAL \$ _____
CLASS TOTAL \$ _____
DONATION TOTAL \$ _____
GRAND TOTAL \$ _____

Please include my tax deductible donation to support the Senior Centers.....

Paid by: (circle one) Cash Check Credit Card
Make checks payable to: Town of West Hartford

Circle one: Visa or Mastercard
Number: _____ Exp. Date: _____

Waiver: I realize that as with any activity there is a possible risk of injury to myself while participating in this activity. I agree to waive the risk of injury which I might suffer while involved in the West Hartford of Leisure Services activity and I will not hold the Town of West Hartford or its instructors liable for any injuries which I may suffer while participating in these activities.

SIGNATURE: _____ Date: _____ Staff Initials: _____

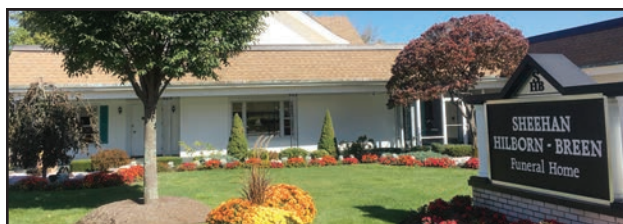


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Yes, we are a monument company, however Dawn and Rick are knowledgeable in regulations of cemeteries and can help guide you in choosing the area of the cemetery that best fits you and your family's needs.

When you are ready to purchase a memorial, *Daley-Connerton Memorial Co.* will be happy to help you choose a personalized memorial that fits your personality and budget.

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grandfather, the
way he likes to
play cards..."**

-Katelyn, Member Services and
Program Associate for over 6 years



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BUCKINGHAM MAIN LIVING SPACE



Winter Wonderland

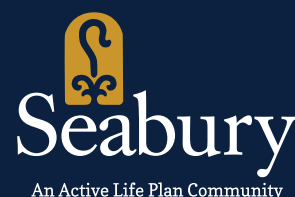
Seabury's picturesque campus, with our new South Wing, is a great place to enjoy a vibrant, active life.

Our new residents are moving in and we are very excited to watch as these beautiful new spaces are transformed into neighborhoods and communities by the people who are making Seabury their new home.

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Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org



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